SUPPLEMENT TO
RESULTS OF DIET SURVEYS IN INDIA

K. MITRA

1935-48

2609

1. food stuffs 3. calories
2. dietary. 4. foods
5. diet surveys 7. nutrient intake
6. food intake 8. cereals
9. proteins intake 10. calcium intake 11 iron intake
12. phosphorus intake 13. vitamins intake
14 thiamine intake 15. nicotinic acid, intake

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The Results of Diet Surveys in India

1935-48

by

K. Mitra

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The report was adopted at the twenty-fourth meeting of the Nutrition Advisory Committee held at Coonoor on the 2nd and 3rd July, 1952.

CONTENTS

INTRODUCTION

Results of diet surveys carried out in India during the fourteen-year period from 1935-1948 have been published as Special Report Series No. 20* of the Indian Council of Medical Research. In the present report the data already published have been subjected to a more detailed analysis in order to bring out the interesting features in respect of dietary habits of the families and other units of population surveyed. The 'dietary essential' content of the average figures for food intake for each of the 843 groups of surveys, published as Appendix (pp. 29-152) to the Main Report, has been estimated with the help of the table of food values. It is not pretended that the food values given in terms of the dietary essentials should be accepted as absolute or 'near absolute' figures, but they may be taken to indicate the probable range of consumption of different nutrients in each of the groups.

For reasons stated in the Main Report (page 5), complete information for all the surveys was, unfortunately, not available. Table I will indicate the number of families and the number of persons covered under the diet surveys under reference in each of the States in India. Except in respect of 13 groups of surveys in Orissa and 4 groups in Punjab information regarding the number of families in each group is complete. It is regretted that for certain groups of surveys the total number of persons comprising the families under investigation was not available and the missing information could not be collected. This lack of information pertains to 69 families in Coorg, 46 families in Kashmir, 40 families in Uttar Pradesh (Tehri-Garhwal) and 16 families in Madras. Consequently information in respect of the number of persons covered in a total of 171 families could not be included in the table. Besides, the above, the total number of persons covered in 98 groups of surveys is not known. It will be seen from the last line of last column the number of persons covered by survey is about 84,000 excluding the persons covered by surveys about which definite information is lacking and has been referred to in the preceding lines. From the figures already available it appears that each group of survey covered on the average 15 families approximately and each family consisted on the average of 5·1 adult consumption units. Consequently the total number of persons covered by the surveys can safely be estimated at 86,000.

It will also be seen from Table I that the surveys in the State of Bihar covered the largest number of persons and the largest number of families as compared to the corresponding figures for any of the other States. Bihar figures included 33 per cent of the total persons whose diets were surveyed and the respective figures for Bombay, Madras and Hyderabad are 28, 15 and 11 per cent respectively. Efforts made to classify the families surveyed in different occupational groups have not yielded satisfactory results, as would be seen from Table II. Information in respect of the occupation of wage earners pertaining to 53 surveys was not available and with regard to 99 families the information was either not complete or the wage earners followed diverse occupations. It will also be noticed that the surveys cover 296 institutions for students ; 224 agriculturist families, the majority of them being in Madras, Bihar, Orissa and Hyderabad ; 55 juvenile institutions ; 36 families of industrial labourers ; and 40 families of other labourers

* Hereafter referred to as the Main Report.

which presumably include agricultural labourers. Separation of data pertaining to families of agricultural labourers from the group designated as 'other labourers' could not be done owing to lack of requisite information. Further, quite an appreciable percentage of agricultural labourers were found to be small cultivators as well, and they have been included in the group of 'agriculturist families'. Groups of families other than those enumerated do not seem to deserve a separate mention on account of the smallness of their number.

Even though the surveys were not carried out on a planned and co-ordinated basis, it was thought worthwhile to break up the information under each State separately. In the Main Report data pertaining to surveys in Baroda were shown separately as it was a princely State at the time of compilation of the report. Since the State of Baroda does not exist as a separate entity, having been merged with the State of Bombay, the figures pertaining to survey of families residing in Baroda have been included in the groups for Bombay State. Both the surveys carried out in Tehri-Garhwal (page 145 of the Main Report) have been included under the State of Uttar Pradesh.

SEASONAL VARIATION

Table III will show at a glance the classification of the surveys according to the four quarters of the year ending with March, June, September and December, during which the investigations were carried out. About eleven per cent of the surveys covered two quarters of the year or three quarters; consequently they have been shown separately in the penultimate column of the table. These figures also include surveys in respect of which information about the seasons when the work was undertaken is not known. It will be seen that the minimum number of diet surveys, approximately 16·3 per cent, have been carried out during the quarter ending with the month of June, whereas the figures for the first, third and last quarters of the year are 22·2 per cent, 25·4 per cent and 25·0 per cent respectively. It is not known whether the investigators were inclined to avoid April, May and June, the hottest months of the year for field work. There is a school of thought rather inclined to make much of the changes in dietary pattern owing to the influence of seasons. Unfortunately, no *ad hoc* studies on seasonal variation of diets were made by any of the numerous investigators in the surveys under review. For an accurate study of the effects of seasonal variation on the dietary pattern, investigations into food intake in the same or similar group of families have to be undertaken during different seasons or particular periods of the year when dietary pattern was likely to change owing to the changes in the availability of certain foods. During the compilation of the present report the possibility of any interesting feature being brought to light during analysis of the data could not be ruled out and efforts were made to study this issue as far as it was possible. The only technique that could be resorted to, in this connexion, was to analyse the average figures of intake in different seasons amongst groups of families belonging to the same or similar economic level and occupational status. It will be seen from Table II that of the different groups surveyed students hostels formed the largest single homogeneous unit comprising 296 residential institutions. Of this number again no less than 266 hostels or about 90 per cent, with a resident student population of 15,983, were located within the State of Bombay. In order to eliminate as far as possible, the effect of the purchasing power of the boarders of these institutions, the hostels were classified into those catering for students coming from families of higher income groups

(numbering 145), and those catering for the lower economic groups (numbering 121). Because these two classes comprised a large number of homogeneous group of student consumers, it was considered worthwhile to find out if consumption varied during different parts of the year. The point, however, must be made clear that the same hostel has not been resurveyed but it has been presumed, with a certain amount of justification, that within their respective groups the upper class hostels and the lower class hostels all behaved more or less in the same way as far as the change in the menu during the different seasons was concerned. Even without applying the 't' test it was found that cereal intake in lower class hostels generally was higher than that in the upper class hostels (see Table IV). With the intake of pulses, however, no appreciable difference in consumption level between the lower and the upper classes could be noticed. It will, however, be observed that in keeping with the common experience, the average figures of daily intake in respect of vegetables, fats, milk products, flesh foods, fruits and nuts was higher amongst the upper class than in the lower class students. In other words the consumption of protective foods was much higher amongst the richer class of students. Within each of the two groups the intake of the different items of food did not seem to vary with the change of seasons.

In order to study in greater detail the seasonal effects in these 266 institutions comprising 251 situated in urban areas and 15 located in rural areas the figures for average intake of food were determined (Table V) and treated statistically. With the help of the 't' test it was found that the intake of cereals during the first half of the year was significantly higher than that for the second half both in the urban and in the rural hostels. This observation agreed with what one would ordinarily expect in view of the harvesting season occurring during the cold weather and the leanest months for availability of foods coinciding with the rainy season and the autumn. Again, the intake of cereals during the first nine months of the year in urban hostels was significantly less than the corresponding figures of intake in the rural hostels for the same period, whereas the intake of pulses for the first three months of the year in the urban hostels was significantly less than the corresponding figures of intake in the rural hostels. The surveys under review were carried out during the years 1937 up to October 1948. Though nothing very definite can be made out of the results, yet it could be said that the findings did not confirm the hypothesis about any appreciable change in the dietary pattern in different seasons. One has yet to know if the pattern of diet in poorer class homes and institutions leaves enough scope for a marked change without materially increasing the cost of food.

In another investigation cooked diets from 13 different hostels in Calcutta were analysed for a consecutive seven day period in three different months, namely, August (1938) April (1939), and December (1939). These months were selected because they were thought to be "equally spaced and represent the three distinct seasons, namely, the spring, the monsoon and the winter of the year". The average intake of the nutrients during each of the three months (see Table VI) were analysed statistically and found that the December survey showed the highest content of all the nutrients except calcium ; the April survey recorded the highest calcium content but came next to December in all other constituents and the August survey had recorded the lowest weights of all the food constituents. The details of the composition of the diets in terms of raw foods such as cereals, pulses, vegetables etc., in respect of this particular survey were not available as cooked diets

representing the average intake by a boarder were obtained by the author from hostel kitchen and their respective food value analysed.

AVERAGE FIGURES OF INTAKE OF FOODSTUFFS

Figures for the average intake of the different classes of foods in the families surveyed in some of the more important States in India have been estimated (Table VII). In this connection, a reference should be made to the fact that the figures of consumption for Bombay should be interpreted with due caution because it pertained mostly to the consumption of food in the residential institutions for students attached to the schools and colleges located both in urban and rural areas. The figures as such, are in no way comparable to the average figures of intake of food in the different family groups surveyed in other States and presented in Table VII. It is admitted that figures for States other than Bombay may not be fully representative of over-all intake of food in that State but certainly they do indicate the approximate size of intake for each of the foods in the poorer class families. Consequently, within certain limits the average figures of intake in different States can be compared to each other. Average figures for consumption of each of the foodstuff in ounces per consumption unit per day, as shown in Table VII may, with the help of the standard deviation, recorded against each of the mean figures, convey a rough estimate of the consumption of food in the different family groups. At the 12th meeting of the Nutrition Advisory Committee of the Indian Research Fund Association, (now Indian Council of Medical Research) it was suggested that a balanced diet, considered adequate for maintenance of good health, should comprise of :

1. Cereals	14 oz.
2. Pulses	3 ,,
3. Leafy Vegetables	4 ,,
4. Other Vegetables	6 ,,
5. Fruits	3 ,,
6. Ghee and Vegetable Oil ...	2 ,,
7. Milk etc.	10 ,,
8. Meat etc.	4 ,,
9. Sugar and Jaggery	2 ,,

No size of condiment, which is invariably represented in Indian diet, was indicated because the quantity and type of condiments used varied to a great extent not only between the different States in India but within each State, and at times appreciably enough, owing to the prevalence of different cooking practices. The average figures of intake of condiments have, however, been included in the table (Table VII) for some of the States where such figures were available. In any event the condiments, owing to their extremely small quantity, were not likely to make any material contribution either to the calorific or the nutrient qualities of the diet, except that they made the food appetising in its appearance and pleased the palate of the consumers. In order to have better idea as to the intake of the different items of food, differential consumption of foodstuffs has been shown in Table VIII. In other words, this table will indicate the percentage of families not consuming any one of the items enumerated and the percentage of those consuming it below the level of intake suggested by the Nutrition Advisory Committee and referred to already. Table VIII pertains,

unfortunately, to the average figures of differential consumption of foodstuffs in only six of the States in India because in the other States the number of families surveyed was so small that the inclusion of such figures was not considered justifiable.

It will be noticed (Table VII) that with the exception of Travancore-Cochin and Bombay the figure for average cereal intake per consumption unit varied between the minimum figure of 17·3 ozs. recorded in Madras and the maximum figure of 23·5 ozs. recorded in Punjab. Needless to state that Bombay figures pertained mostly to the daily intake of food in residential institutions for students and did in no way represent the intake of food in the types of families surveyed in other States. In the State of Travancore-Cochin the low intake of cereals was evidently due to the increased intake of the locally popular root vegetable, tapioca, and as such the average figures were not, strictly speaking, comparable to the respective average of other States. The average figures for consumption of pulses varied from 0·9 oz. in Travancore and Madras to 5·2 oz. in Madhya Pradesh with Punjab coming second best with an average consumption of 3·9 ozs. The figures for consumption of fruits was noticeably the lowest in the State of Madras, where it did not reach a figure representing even one tenth of an ounce per consumption unit per day. As one would ordinarily expect, the consumption of milk was highest in Punjab with a figure of about 8 oz. and lowest in Assam, being about one tenth of the amount consumed in Punjab. The average consumption of condiments reached almost one ounce in Madras, which recorded the highest figure for average, and it was lowest in Madhya Pradesh. Figures of consumption of condiment was not available for the States of Bihar and Hyderabad. The consumption of flesh food was appreciable in Assam, Travancore and West Bengal. Both in Travancore and in West Bengal fish often formed a popular article of diet even in poorer class of families, though the amount consumed may be small. There might be an impression existing in certain parts of India that people of Madras State are preponderatingly vegetarian by conviction yet in the record of the families surveyed, and which incidentally covered a very large part of that State, only eleven per cent of the families did not consume any flesh food. The corresponding figures for the States of Bombay (mostly students' hostels) and Travancore-Cochin were in the neighbourhood of 60 and 34 respectively. It is within the bounds of probability that even this estimated percentage of vegetarian included families having no objection to either meat, fish or eggs but refrained from consuming any of the items during the period of survey owing to force of circumstances.

It was noticed that about 35 per cent of the groups surveyed in Bombay (mostly students hostels) did not consume any leafy vegetables whereas in Bihar only about two per cent of the families did not partake of this particular item of food. On an examination of the size of intake it is interesting to note that except in a few students hostels in Bombay none of the families in any of the States were consuming as much as three ounces of leafy vegetables, the recommended level of daily intake. In Bihar 32 per cent of the families were not consuming any ghee or vegetable oil, presumably because the surveys included appreciable percentage of aboriginal families with whom the use of culinary fat was not popular and consumers in very poor class homes who could not afford this item. Except in the State of Travancore-Cochin barely two per cent of the surveys in the other States recorded a minimum intake of two ounces of fats and oils per consumption unit per day. In Bihar, Hyderabad and Madras about a little more than 50 per cent of the families were not found consuming any sugar and jaggery, whereas about 40 per cent of the people in Orissa were not consuming this popular

item of food. It must, however, be clearly understood that these averages pertain to the groups of families surveyed and need not necessarily be reckoned as representatives of the respective States until further surveys have thrown more light on the subject of food intake.

ITEMS OF FOOD AND DIETARY PATTERN

The arithmetic mean accompanied by its standard deviation is commonly used to express briefly the size of average happenings and the range of variations in a series of observations. But if a number of basically similar but appreciably different types of articles are aggregated together in one group for the sake of brevity this expressive index may not be as helpful as one would expect if the grouping was homogenous. For example, the principal limitation in expressing the intake of any particular class of food (see Table VIII) by the average is that the reader is left guessing as to which of the items in that class were actually partaken of. Some of the foods such as cereals, pulses, vegetables, flesh foods etc. can individually comprise a very large number of foodstuff. An attempt has, therefore, been made to indicate the names of the more common items in each of the above class of foods, consumed by the different groups of families during the survey. The information has been collected in the form of a table (Table IX) both state-wise and item-wise*. When the items seemed common in more than one State they have been placed together in the table.

It is regretted that enough information was not available to indicate as to which of the items formed what per cent of the total intake within each class of foods, and how often each item was consumed. Such information, which however was not available, could have indicated with a reasonable degree of precision the dietary pattern for each of the areas from which the families were sampled. It has been stated, often with certain amount of truth, that diets all over India are monotonous in their general make up and with the exception of cereals they are similar, yet a certain amount of diversity in the make up can be noticed (Table IX).

In respect of the survey of the miners' families in the coal fields of Bihar and that of the working class families of Jamshedpur Steel Works comprising 194 and 177 families respectively with a total of 1881 consumers (Survey No. 25-28 and 44-47) some detailed information about the make up was available. Home pounded parboiled rice was found to comprise the bulk of the cereal consumed. *Arhar dal* (Cajanus indicus) constituted from 60 to more than 80 per cent† by weight of all the pulses and next in order of preference came lentil (Lens esculenta). Small amounts of Bengal gram (Cicer arietinum) and green gram (Phaseolus radiatus) were also consumed. Potato was undoubtedly the most popular vegetable constituting from 27 to 63 per cent of weight of the total non-leafy vegetable consumed in different groups. Again a tendency was noticed that with the increase in income level more of *parwar* (Tricosanthes dioica) was consumed in preference to *kundri* (Cephalandra indica). It need hardly be mentioned that both *parwar* and *kundri* are similar type of vegetables with more or less similar nutritional value though the former is dearer and more tasteful. In the matter of culinary fats, mustard or rape seed oil was the most popular article but with the rise in economic level part of the vegetable oil was replaced by *ghee* or butter oil.

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* The teminology corresponds to that used in Health Bulletin No. 23 issued by the Government of India.

† Ind. Jour. Econ. (1941) 22, p. 144.

In a survey of 24 students' hostels* in Bihar in 1937-38 it was noticed that of the cereals, raw milled rice constituted 48·2 per cent by weight par-boiled rice 19·4 per cent, wheat flour 13·8 per cent and the balance consisted of semolina, maize and rolled flour. Of the pulses red gram constituted 44·4 per cent by weight, Bengal gram 26·6 per cent, lentil 11·6 per cent and green gram 6·6 per cent and the quota of other pulses was small. The amount of potatoes was 47·8 per cent and vegetable marrow 55·3 per cent in the class of non-leafy vegetables. It makes interesting reading specially in the present days of shortage of ghee that of the culinary fats used 69·9 per cent consisted of mustard oil and the balance of 30·1 per cent of milk ghee. In the class of flesh foods goats' meat constituted 56·6 per cent, fish 34·4 per cent, chicken 4·4 per cent eggs 4·0 per cent, beef 0·4 per cent and liver 0·2 per cent by weight.

ESTIMATION OF DIETARY ESSENTIALS AND CALORIES

The approximate nutrient values of each of the average diets, in respect of the 843 surveys under review in this report have been estimated with the help of the table of food values in terms of proteins, fats, carbohydrates, calcium, phosphorus, iron, vitamin A, vitamin B_1 (Thiamine), Nicotinic Acid, Riboflavin and vitamin C. The calorific values have also been estimated and given along with the other values for each of the individual groups of surveys as the appendix. For other particulars pertaining to these surveys a reference may be made to the Appendix of the Main Report† The serial number in respect of each of the surveys are identical in the Appendix of the Main Report and that of the present one. In determining the composition of each of the classes of foods such as cereals, pulses, leafty vegetables, other vegetables etc. for the estimation of food values due attention has been paid (Table IX) to the dietary practices prevalent in the respective areas and amongst the communities from which the families were sampled. The respective average figures for each of the States have been given in Table X. In estimating the food values no allowance has been made for kitchen waste or left over in the plates. The average daily intake of food in the students hostels have also been estimated along with their food value (Table XI).

Calorific Value—Though the mean calorie value for all the diets has been reckoned at 2,336 the average figure for the individual States have ranged from 1918 in Bhopal to 3330 in Punjab. In order to study in greater detail the frequency distribution of calories the average or mean figure for each of the States have been broken up (Table XII) into 12 class intervals. Only in 332 groups or barely 40 per cent of the surveys, have the average consumption of calorie per day been found to exceed the 2,500 level. In 126 groups only or in about 15 per cent of the surveys the daily intake exceeded 3,000 calories and in about 9 per cent of the surveys the upper limit was only 1,500 calories per day. Whatever may be the limitations associated with estimation of calorific values of diets calculated on averages of groups of families the fact cannot be denied, that in an appreciable percentage of families intake of calories was found below the desired level, in other words the consumers in such families were not having enough to eat.

Any statement about calorie consumption in the dietary of the people remains incomplete unless the percentage distribution of calories from cereal

* Patna J. Med. (1939), 14, p.I.

† Special report Series No. 21 of the I. C. M. R.

and non-cereal quota of the diet is also indicated (Table XIII). In Ajmer the percentage of calories from cereals is as high as 97 per cent but the fact may be recalled from the Appendix of the Main Report (p. 29) that the surveys were carried out in three famine camps of the State. In a reasonably balanced diet, cereals should contribute more than 60 to 65 per cent of the total calories. With the exception of the figures recorded in the States of Bombay and Travancore-Cochin the cereal quota in the diet is found to contribute approximately 70 to 85 per cent of the total calories in the average diet. The reasons for a comparatively lower level of cereal intake in the States of Bombay and Travancore-Cochin have already been discussed. Such a high preponderance of calories from cereals leaves hardly any room for qualitative improvement of the diet because cereals are cheapest source of calories. At the same time the fact should not be ignored that the comparative non-availability of non-cereal foods to the ordinary consumer, either through high prices or lack of production and supply will inevitably result in the rather unhealthy trend of increased cereal element in the diet necessitated purely from the hunger for calories. It may be of interest to note that (Table XIV) if the figures pertaining to Bombay State are excluded the contribution of calories from cereals exceeded the 70 per cent limit in more than 78 per cent of the surveys and even the 80 per cent level in 58 per cent. On a reference to the figures in respect of the individual States it is noticed that in about 69 per cent of the surveys in Madras, in about 63 per cent of the surveys in Bihar and in about 65 per cent of the surveys in Hyderabad the cereals contributed more than four-fifths of the total calorific value of the diet. The percentage of calories contributed by the different classes of foods in the average diet of the agriculturist, industrial workers and students has been estimated separately as the number of consumers in each of the three vocational groups were sufficient enough to justify special notice. Other than in these three big groups not enough families pertaining to other classes of consumers such as menials, police etc. (Table II) were covered which could warrant separate treatment. It will be seen (Table XV) that in the average diet of the families of the agriculturists the percentage of calories derived from cereals was higher than that in the families of industrial workers, probably because such foods were likely to be readily accessible to the former group of families. One would have expected a slightly higher percentage of calories derived from flesh foods in the diet of the industrial worker than it has been actually recorded. Curiously enough the quota of calories obtained from milk and milk products seemed to be idential in both the groups even though the size was rather small for either of the two. The industrial labourers for their higher energy requirement were found to consume a larger percentage of calories derived from fat. The average diet of the student, judged from the differential contribution of calories, seemed to possess higher nutritive value than those of both the industrial worker and the agriculturists. The rather high percentage of calories derived from pure energy foods such as ghee, oil, sugar and jaggery in the diet of the student in preference to the proportion of calories obtained from either milk or flesh foods or both is not a happy feature and can be remedied with proper education.

Proteins—On the assumption that an average healthy adult weighs 60 kilogrammes his daily requirement of protein is reckoned at 60 grammes. The average figures for intake of protein in the groups of surveys for each State separately, varied between 53 grammes in Madras to 107 grammes for Ajmer (Table X) and the mean figure for the whole of India was 63 grammes. It will further be seen that the individual figures for the States are all above 60 grammes except the ones pertaining to Travancore-Cochin and Madras.

Again, of the average figures for intake of total protein the percentage derived from animal source varied from unity to 22. In 11 out of the 17 States the quota of animal protein did not exceed 10 per cent of the total intake.

Estimated figures of protein intake by the consumers (hypothetical adult consumers or C.U. as they are commonly known) in each of the groups surveyed have been tabulated state-wise as also in 12 class intervals covering a range between 'over 10 grammes' to 'over 120 grammes'. Bombay and Bihar are the two States wherein the consumers cover all the dozen class intervals (Table XVI) though Bihar figures do not exhibit a gradual rise and fall in the distribution within the range like those of Bombay. Further it appears that in about 32 per cent of the surveys the average intake of protein did not exceed 50 grammes, in about 18 per cent it was over fifty and upto sixty grammes and in about 50 per cent it exceeded the 60 grammes level. The respective figures for the States of Orissa, Hyderabad, Bihar and Madras are given below. Figures for Bombay have not been included as they are strictly comparable to those of the other States and the number of surveys in the rest of the States was too small* to be taken any notice of. It will be seen that in the State of Madras the intake of protein was decidedly at a very low level.

	Upto 50 g.	Upto 60 g.	Over 60 g.
Orissa	3·4%	10·3%	86·2%
Hyderabad	6·4%	20·5%	73·0%
Bihar	22·2%	13·3%	64·4%
Madras	47·0%	25·3%	27·7%

The percentage of protein derived from cereals was 72·3 in the average diet of the agriculturist, 64·1 in that of the industrial worker and 43·9 in that of the student (Table XVII). Pulses, as one would ordinarily expect, contributed an appreciable amount of protein in the diet of all the three groups. The quota of animal protein was 6·5 per cent, 10·8 per cent and 22·4 per cent in the average diet of the agriculturist, industrial workers and the students residing in hostels respectively. Though no precise quota of animal protein requirement has been prescribed, it is thought by some that in a well balanced diet one third of the total protein should be derived from animal source. The animal protein quota in the balanced diet recommended by the Nutrition Advisory Committee of the Indian Council of Medical Research is estimated at 29 per cent of the total protein intake.

Fat.—No precise level of intake for fat has been prescribed but the principle that certain amount of fat is daily needed has been universally accepted. In about 11 per cent of the groups surveyed (Table XVIII) the average consumption of fat in the diet was below the 10 g. level per day. The average daily consumption did not exceed 50 g. in about three fourth of the survey groups.

Carbohydrates.—No special comment is made (Table XIX).

Calcium.—The daily requirement of calcium is estimated as 1g. per C.U. In 479 surveys or in about 57 per cent of the groups under investigation consumption of calcium did not exceed 600 mg. per day (Table XX).

* Less than 50 groups of surveys.

It has been established scientifically that calcium from milk and milk products is more easily assimilable than from other sources. Calcium for cereals and pulses may be associated with phytin phosphorus which possesss the properties to neutralise this improtant mineral during digestion and thereby prevent its absorption. The same is true of calcium in vegetables which often contains oxalates and result in the formation of insoluble calcium oxalate. It will be seen (Table XXI) that of the total calcium estimated to be present in the average diet of an agriculturist, no less than 77 per cent is derived from cereals, pulses, vegetables and fruits. The corresponding figures in the average diet of industrial worker and student are 65 and 59 respectively.

Phosphorus.—In view of the presence of phytin phosphorus in a diet rich in cereals no comment on the average intake figures can be made. The intake seems to be high (Table XXII).

Iron.—No special comment seems to be justified in view of the problems associated with the availability of iron (Table XXIII).

Vitamins.—No separate comment on each of the vitamins seems to be justified in view of the large number of approximations involved in calculating the values. But one would be justified in stating the intake of each of the vitamins with the possible exception of nicotinic acid was much below the desired level in most of the consumers.

Table I

Number of families and number of persons covered under diet surveys in each of the States in India

No.	State	Total number of surveys	Number of surveys for which families are given	Number of families	Surveys for which number of persons are available	Number of persons
1.	Ajmer	3	3	66	3	340
2.	Assam	6	6	95	4	248
3.	Bhopal	2	2	54	2	492
4.	Bihar	90	90	4,351	89	27,678
5.	Coorg	3	3	69	...	...
6.	Delhi	3	3	49	3	212
7.	Bombay ...	343	343	829	336	23,462
8.	Hyderabad ...	78	78	2,011	73	9,019
9.	Kashmir ...	2	2	46	...	...
10.	Madras	166	166	2,693	150	12,787
11.	Madhya Pradesh ...	20	20	300	18	1,350
12.	Mysore	2	2	59	2	435
13.	Orissa	58	45	501	10	472
14.	Punjab	20	16	230	12	1,042
15.	Travancore ...	34	34	654	34	4,061
16.	Uttar Pradesh ...	2	2	40	...	...
17.	West Bengal ...	11	11	412	9	2,094
	Total ...	843	826	12,459	745	83,692
			Families		Persons	

Table II

Classification of families surveyed according to the occupation of the wage earner

No.	State	Students	Agriculturist	Juvenile institutions	Industrial labourers	Other labourers	Menials	Police	Prisoners	Miscellaneous	Occupation not given	Total
1.	Ajmer	...	...	...	...	...	...	...	...	3	...	3
2.	Assam	1	1	...	3	...	...	...	...	...	1	6
3.	Bhopal	...	...	...	...	...	...	...	...	...	2	2
4.	Bihar	1	52	1	18	3	...	...	...	...	15	90
5.	Coorg	...	2	...	...	...	...	...	...	...	1	3
6.	Delhi	...	1	...	...	1	...	...	...	1	...	3
7.	Bombay ...	266	2	50	6	1	3	4	1	3	7	343
8.	Hyderabad ...	9	31	2	...	3	7	...	5	15	6	78
9.	Kashmir ...	...	...	...	...	...	...	...	...	...	2	2
10.	Madras	3	61	1	7	27	8	11	...	40	8	166
11.	Madhya Pradesh ...	2	12	1	2	...	...	...	...	...	3	20
12.	Mysore	...	2	...	...	...	...	...	...	...	...	2
13.	Orissa	14	40	...	...	1	...	...	...	1	2	58
14.	Punjab	...	8	...	...	4	1	...	...	2	5	20
15.	Travancore ...	...	1	...	...	...	...	...	...	33	...	34
16.	Uttar Pradesh ...	...	2	...	...	...	...	...	...	...	...	2
17.	West Bengal ...	...	9	...	...	...	...	...	...	1	1	11
	Total ...	296	224	55	36	40	19	15	6	99	53	843

Table III

Diet surveys classified according to the four quarters of the year ending with the months of March, June, September and December

No.	State	March	June	September	December	*Covering 2 or 3 Qrs.	Total
1.	Ajmer	...	...	...	...	3	3
2.	Assam	4	1	...	...	1	6
3.	Bhopal	1	...	1	...	...	2
4.	Bihar	5	13	22	21	29	90
5.	Bombay	101	43	119	75	5	343
6.	Coorg	1	...	...	2	...	3
7.	Delhi	2	...	...	1	...	3
8.	Hyderabad	8	7	12	29	22	78
9.	Kashmir	...	...	...	2	...	2
10.	Madras	39	36	37	53	1	166
11.	Madhya Pradesh ...	3	3	3	10	1	20
12.	Mysore	...	...	1	...	1	2
13.	Orissa	16	11	13	9	9	58
14.	Punjab	...	6	4	4	6	20
15.	Travancore	6	15	...	5	8	34
16.	Uttar Pradesh	...	...	2	...	...	2
17.	West Bengal	1	1	...	...	9	11
	Total ...	187	136	214	211	95	843

*Includes those surveys whose seasons are not given.

Table IV

Mean intake of food (in ozs.) by the students of Bombay State in four quarters of the year ending with the months of March, June, September and December

Classes of foodstuffs	Upper class students				Lower class students			
	March	June	September	December	March	June	September	December
Cereals	11·72	11·19	10·31	10·79	13·65	13·37	12·19	12·14
Pulses	2·61	2·93	2·38	2·56	2·83	2·02	2·39	3·38
Leafy Vegetables ...	1·30	1·52	0·97	0·85	1·14	0·98	0·49	0·95
Other Vegetables ...	7·31	8.69	7·79	9·21	3·49	2·87	3·89	3·21
Ghee and Vegetable Oil ...	2·15	2·16	2·00	2·24	0·97	0·60	0·79	0·71
Milk and its products ...	7·20	7·64	6·81	8·83	3·40	1·21	1·72	2·51
Meat, Fish, Eggs ...	1·18	1·13	2·60	2·14	0·24	0·27	0·48	0·35
Fruits and Nuts ...	1·17	0·66	1·42	1·45	0·71	0·54	0·62	0·57
Sugar and Jaggery ...	1·53	1·23	1·30	1·35	0·74	0·89	0·76	0·63
Condiments ...	...	...	0·05	...	0·02	...	0·17	0·30

Table V

Mean intake of food (in ozs.) by the school students of Bombay State in four quarters of the year ending with the months of March, June, September and December

(STUDENTS IN URBAN HOSTELS)

Classes of foodstuffs	Upper class students				Lower class students			
	March	June	September	December	March	June	September	December
Cereals	12·08	11·32	10·73	10·54	13·17	13·75	12·04	12·10
Pulses	3·11	2·96	2·15	3·04	2·55	1·88	2·23	2·90
Leafy Vegetables ...	1·64	1·67	1·22	1·25	1·56	1·92	1·65	1·17
Other Vegetables ...	5·18	4·18	6·03	6·17	3·52	2·94	4·25	2·88
Ghee and Vegetable Oil ...	1·78	1·68	1·85	2·11	0·98	0·50	0·81	0·70
Milk and Milk Products, etc.	6·71	5·82	6·05	10·46	4·52	3·00	2·65	3·74
Meat, Fish, Eggs ...	3·35	1·75	6·28	5·25	1·32	0·55	1·19	0·81
Fruits and Nuts ...	1·38	0·75	2·66	1·58	1·25	2·25	1·32	0·80
Sugar	1·62	1·25	1·33	1·39	0·98	1·00	1·01	0·82
Condiments	...	...	0·55	...	...	...	0·68	0·25

TABLE V (*Contd.*)

Mean intake of food (in ozs.) by the school students of Bombay State in four quarters of the year ending with the months of March, June, September and December

(STUDENTS IN RURAL HOSTELS)

Classes of foodstuffs	Upper class students				Lower class students			
	March	June	September	December	March	June	September	December
Cereals	16·07	13·80	12·10	12·73	17·10	18·70	13·45	12·60
Pulses	2·50	1·80	2·70	2·58	3·47	2·00	2·10	4·45
Leafy Vegetables ...	1·27	3·00	1·10	1·07	1·72	1·00	...	1·30
Other Vegetables	6·80	7·00	9·00	4·05	3·67	4·00	4·00	2·35
Ghee and Vegetable Oil ...	1·63	0·60	2·10	1·13	1·14	0·10	0·25	0·32
Milk and Milk Products ...	5·00	...	9·80	6·08	4·67	1·50	1·00	1·05
Meat, Fish, Eggs ...	4·00	...	...	1·45	...	...	...	6·10
Fruits and Nuts ...	0·50	...	...	0·48	2·17	...	...	1·10
Sugar	1·80	0·80	1·20	1·00	1·00	...	0·60	0·90
Condiments	...	...	...	...	0·40	...	...	...

TABLE VI

Seasonal average of nutrient intake for all the hostels (Calcutta)

Food constituents	Seasonal averages for all hostels			
	December 1939	April 1939	August 1938	Mean
Protein (g.)	62·94	57·86	47·23	56·00
Ether extract (g.)	46·62	39·65	26·03	37·43
Calcium (g.)	0·64	1·06	0·54	0·75
Phosphorus (g.)	0·92	0·94	0·75	0·87
Phytin phosphorus (g.)	0·20	0·39	0·32	0·30
Total phosphorus-Phytin phosphorus (g.)	0·72	0·55	0·43	0·57
Total iron (mg.)	34·58	22·02	12·83	23·16
Ionisable iron (mg.)	8·79	5·75	...	7·27
Copper (mg.)	1·85	5·27	2·58	3·23

TABLE VII

Average intake of foodstuffs in oz. per consumption unit per day

Class of foodstuffs	Assam	Bihar	Bombay	C.P. and Berar (Madhya Pradesh)	Hyderabad
1. Cereals ...	19·83±2·04	19·36±5·6	12·24±3·75	20.77±10·57	22·80±5·00
2. Pulses	1·63±1·35	3·13±3·18	2·73±1·74	5.21± 4·62	1·66±1·03
3. Leafy Vegetables ...	1·83±1·27	1·18±0·88	0·99±1·11	1.10± 1·20	0·53±0·62
4. Other Vegetables ...	5·58±4·38	2·44±2·67	5·62±4·02	2.19± 2·18	1·61±1·46
5. *Ghee* and Vegetable Oil	0·67±0·61	0·42±0·51	4·90±4·85	0.40± 0·40	0·55±0·93
6. Milk and its products ...	0·75±0·63	1·38±2·65	1·21±2·42	1.10± 1·83	2·18±3·01
7. Meat, Fish, Eggs ...	1·25±0·95	0·67±0·80	0·91±1·46	0.46± 1·07	0·68±0·92
8. Fruits and Nuts ...	0·38±0·84	0·37±1·28	1·41±1·02	0.20± 0·56	0·32±1·09
9. Sugar and Jaggery ...	0·29±0·34	0·37±1·01	1·11±0·69	0.24± 1·08	0·34±0·66
10. Condiments ...	0·21±0·27	0·47±0·52	...	0.01± 0·05	...

Class of foodstuffs	Madras	Orissa	Punjab	Travancore	West Bengal
1. Cereals	17·30±5·03	21·44±3·07	23·53±4·17	14·94±4·10	23·11±4·77
2. Pulses	0·93±1·07	2·34±1·81	3·93±4·17	0·93±0·62	1·57±0·49
3. Leafy Vegetables ...	0·41±0·44	1·24±0·94	0·40±0·45	0·30±0·23	1·77±1·13
4. Other Vegetables ...	1·65±1·37	5·18±3·15	2·25±1·38	10·09±4·92	10·20±2·03
5. *Ghee* and Vegetable Oil	0·41±0·39	0·71±1·27	1·14±1·44	5·19±4·35	0·98±0·62
6. Milk and its products ...	1·95±2·94	1·03±1·00	7·98±9·90	1·69±0·80	3·77±3·75
7. Meat, Fish, Eggs ...	0·60±0·62	0·30±0·49	0·35±0·46	2·35±1·49	1·32±1·46
8. Fruits and Nuts ...	0·005±0·03	0·42±1·00	0·38±0·74	1·99±0·99	0·66±1·24
9. Sugar and Jaggery ...	0·29±1·0	0·22±0·25	0·54±1·03	0·87±0·54	0·55±0·40
10. Condiments ...	0·96±0·72	...	0·13±0·13	0·33±0·25	0 ±0

TABLE VIII

Differential consumption of foodstuffs

BIHAR

Class of foodstuffs	Number of families					
	Not consuming		Consuming			
			Below desired level		At desired level and above	
	Actual number	Percentage	Actual number	Percentage	Actual number	Percentage
1. Cereals	...	...	16	17·8	74	82·2
2. Pulses	2	2·2	48	53·3	40	44·4
3. Leafy Vegetables ...	2	2·2	88	97·8	...	...
4. Other Vegetables ...	3	3·3	80	88·9	7	7·8
5. *Ghee* and Vegetable Oil	29	32·2	59	65·6	2	2·2
6. Milk and its products	31	34·4	56	62·2	3	3·3
7. Meat, Fish, Eggs ...	21	23·3	69	76·7	...	...
8. Fruits and Nuts ...	59	65·6	29	32·2	2	2·2
9. Sugar and Jaggery ...	51	56·7	36	40·0	3	3·3
10. Condiments ...	...	...	...	...	...	...
BOMBAY						
1. Cereals	...	...	270	78·7	73	21·3
2. Pulses	7	2·1	221	64·4	115	33·5
3. Leafy Vegetables ...	119	34·7	217	63·3	7	2·0
4. Other Vegetables ...	6	1·8	221	64·4	116	33·8
5. *Ghee* and Vegetable Oil	3	0·9	257	74·9	83	24·2
6. Milk and its products	50	14·6	250	72·9	43	12·5
7. Meat, Fish, Eggs ...	205	59·8	101	29·4	37	10·8
8. Fruits and Nuts ...	164	47·8	142	41·4	37	10·8
9. Sugar and Jaggery ...	29	8·4	287	83·7	27	7·9
HYDERABAD						
1. Cereals	...	...	3	3·8	75	96·2
2. Pulses	5	6·4	63	80·8	10	12·8
3. Leafy Vegetables ...	11	14·1	67	85·9	...	...
4. Other Vegetables ...	4	5·1	73	93·6	1	1·3
5. *Ghee* and Vegetable Oil	3	3·8	73	93·6	2	2·6
6. Milk and its products	18	23·1	57	73·1	3	3·8
7. Meat, Fish, Eggs ...	19	24·4	57	73·1	2	2·6
8. Fruits and Nuts ...	65	83·3	11	14·1	2	2·6
9. Sugar and Jaggery ...	43	55·1	31	39·7	4	5·1
10. Condiments ...	...	...	...	...	...	...

TABLE VIII (*Contd.*)

MADRAS

Class of foodstuffs	Number of families					
	Not consuming		Consuming			
			Below desired level		At desired level and above	
	Actual	Percentage	Actual number	Percentage	Actual number	Percentage
1. Cereals	...	...	43	25·9	123	74·1
2. Pulses	3	1·8	160	96·4	3	1·8
3. Leafy Vegetables ...	37	22·3	129	77·7	...	...
4. Other Vegetables ...	5	3·0	160	96·4	1	0·6
5. *Ghee* and Vegetable Oil	16	9·6	148	89·2	2	1.2
6. Milk and its products ...	74	44·6	86	51·8	6	3.6
7. Meat, Fish, Eggs ...	19	11·4	147	88·6	...	...
8. Fruits and Nuts ...	163	98·2	3	1·8	...	...
9. Sugar and Jaggery ...	87	52·4	77	46·4	2	1·2
ORISSA						
1. Cereals	...	...	1	1·7	57	98·3
2. Pulses	...	...	40	69·0	18	31·0
3. Leafy Vegetables ...	4	6·9	54	93·1	...	...
4. Other Vegetables ...	...	...	35	60·3	23	39·7
5. *Ghee* and Vegetable Oil	3	5·2	55	94·8	...	...
6. Milk and its products	23	39·7	35	60·3	...	...
7. Flesh Food ...	3	5·2	53	91·4	2	3·4
8. Fruits and Nuts ...	23	39·7	35	60·3	...	...
9. Sugar and Jaggery ...	22	37·9	36	62·1	...	...
TRAVANCORE						
1. Cereals	...	...	10	29·4	24	70·6
2. Pulses	...	...	34	100·0	...	...
3. Leafy Vegetables ...	3	8·8	31	91·2	...	...
4. Other Vegetables ...	...	...	6	17·6	28	82·4
5. *Ghee* and Vegetable Oil	...	...	17	50·0	17	50·0
6. Milk and its product ...	...	...	29	85·3	5	14·7
7. Meat, Fish, Eggs ...	...	...	34	100·0	...	...
8. Fruits and Nuts ...	...	...	24	70·6	10	29·4
9. Sugar and Jaggery ...	1	2·9	33	97·1	...	...

Table IX

Constituents of different classes of foods in each of the States surveyed

	Bihar	Hyderabad	Punjab, Delhi and U. P.	West Bengal & Assam	Bombay	Orissa	Madras, Coorg Mysore	Travancore	Madhya Pradesh
Cereals	Rice home pounded parboiled, maize tender, wheat flour	Rice raw, home pounded and milled, maize tender, maize dry, maize flour, juar, ragi, millets	Rice raw, milled, maize flour, Wheat flour	Rice home pounded, parboiled, raw milled	Rice raw milled, Wheat flour, Maize flour millet	Rice home pounded, parboiled, Raw home pounded, millets	Rice home pounded, parboiled, milled, Wheat flour millets, Cholam cambu, Italian millet, ragi	Rice home pounded, parboiled, milled, oats, wheat	Rice home pounded, parboiled, wheat flour, juar
Pulses	Red gram, Bengal gram, Green gram, Black gram, Lentil	Red gram, Bengal gram	Black gram, green gram, lentils, red gram, Bengal gram	Black gram, (without husk), green gram, khesari, lentil, peas dried, red gram	Red gram, Bengal gram	Bengal gram (with husk) black gram, green gram, horse gram, red gram	Bengal gram, black gram, green gram, red gram	Green gram, red gram, black gram, horse gram	
Leafy vegetables	Drumstick leaves, Cabbage, amaranth, carrot tops	Amaranth tender, amaranth spined, fenugreek leaves	Cabbage, fenugreek, rape leaves, spinach	Amaranth tender, drumstick, fenugreek, ipomoea rape leaves, spinach	Carrot leaves, cabbage, Amaranth tender	Amaranth tender	Amaranth tender, fenugreek, cabbage leaves	Amaranth, drumstick leaves	
Other vegetables	Potato, radish, bitter gourd, ladies fingers, colocasia, brinjal, ridge gourd, drumstick pumpkin, broad beans, ash gourd, tomato, green plantain, jack fruit	Carrot, onion, radish, bitter gourd, calabash, cucumber, pumpkin	Carrot, potato, radish white, ash gourd, bitter-gourd, brinjal, cucumber, ladies fingers, pumpkin, ridge gourd	Carrot, colocasia, onions, potato, radish, ash gourd, bitter-gourd, brinjal, cauliflower, cucumber, drumstick, jack tender, ladies fingers, pumpkin, turnip	Yam, onion, brinjal, ladies-fingers, radish, cluster beans	Colocasia, onion, potato, brinjals, green plantain, bamboo shoots	Onions, potato, radish-pink and white, tapioca, yam (elephant) ladies-fingers, plantain green, cauliflower	Green Plantains, yams, colocasia, cucumber, drumstick, jack fruit, mangoes, brinjal, pumpkin, tapioca	

TABLE IX (*Contd.*)

Constituents of different classes of foods in each of the States surveyed

	Bihar	Hyderabad	Punjab, Delhi and U. P.	West Bengal & Assam	Bombay	Orissa	Madras, Coorg, Mysore	Travancore	Madhya Pradesh
Fruits	Lemon, mangoes, bananas, plantain	Papayya ripe, custard apple, plantains, jack fruit	Banana, guava country, mango ripe, pears country	Banana, guava, (country) jack fruit, jambu fruit, mango ripe, orange, papayya, pine apple, zizyphus fruit	Tomato, plantain	Figs, guava, jack fruit, mango ripe, plums	Tomato, green plantain		
Condiments	Chillies green, chillies dry, coriander, cumin, ginger, mustard, pepper dry, turmeric, tamarind	Chillies green, chillies dry, coriander, cumin, garlic, pepper dry, turmeric				Chillies dry, cloves dry, coriander, mustard, pepper dry, tamarind pulp, turmeric			
Milk and milk products			Buffalo's milk, curds	Cow's milk, curds	Buffalo's milk, curds	Buffalo's milk, goat milk, curds	Buffalo's milk, butter, milk		
Flesh foods	Fish, mutton	Meat, fish, eggs, mutton		Fish small, mutton	Meat, fish	Mutton, fish small	Mutton, beef, fish (big)	Meat, fish, eggs	
Miscellaneous foodstuffs	Sugar, oil	Sugar, jaggery, ghee		Sugar, jaggery	Sugar, jaggery, oil	Sugar, jaggery, betel leaves, toddy fermented, coconut	Sugar, jaggery, ghee, oil	Sugar, fats, oils	Sugar, gur, ghee, oil

Table X

Average nutrient value of foods consumed per C.U. in the groups of families surveyed

		Ajmer (Famine camps)	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Mean (All-India)
Calorific value	....	3,099	2,496	1,918	2,277	2,222	2,726	3,293	2,690	3,158	2,799	2,068	2,889	2,617	3,330	2,316	2,648	2,971	2,336
Protein	(gm.)	107	72	68	74	57	69	119	72	79	95	53	68	77	91	55	77	85	63
Per cent of animal protein	,,	1	11	9	6	22	10	6	8	4	4	11	2	8	12	21	5	13	...
Fat	,,	52	25	25	22	57	24	36	32	37	25	22	18	20	58	43	26	37	39
Carbohydrate	,,	630	506	356	449	369	573	622	526	643	554	416	616	547	607	427	534	592	434
Calcium	(mg.)	377	447	400	513	758	357	963	789	599	586	501	2,593	480	867	454	544	602	648
Phosphorus	,,	2,820	1,892	1,555	1,821	1,373	2,074	2,708	1,691	2,401	2,153	1,247	2,234	2,146	2,408	1,399	2,223	2,375	1,559
Iron	,,	62·3	28·6	35·9	31·7	30·5	26·0	62·8	36·7	39·1	44·4	24·0	47·6	29·8	47·5	21·3	77·6	34·4	30·7
Vitamin A	(I.U.)	17	3,126	829	1,729	1,489	1,493	2,177	1,319	3,622	2,133	902	1,968	1,543	898	2,481	1,215	3,461	1,466
Vitamin B_1	,,	5	585	192	490	223	667	596	517	781	712	476	1,073	670	237	513	425	738	398
Nicotinic Acid	(mg.)	0·1	22·0	5·4	19·2	6·0	27·1	10·6	12·4	29·8	19·0	16·5	10·1	26·5	6·0	19·7	14·5	26·7	12·9
Riboflavin	,,	15	746	153	601	235	909	64	410	957	396	62	84	852	203	807	438	981	341
Vitamin C	,,	5	101	12	48	48	49	29	24	68	15	24	66	52	20	74	37	140	42

Table XI

Average daily food intake of students in the school and college hostel in the different States

Foodstuff / Number of Surveys	Assam (1)	Bihar (24)	Bombay (266)	Hyderabad (9)	Madhya Pradesh (2)	Madras (3)	Orissa (13)
Rice	18·80	...	3·80	8·98	12·45	5·80	18·10
Wheat	2·2	...	3·90	1·68	8·25	0·04	1·17
Millets	...	16·10	0·50	5·41	...	...	...
Other Cereals	...	...	3·60	1·61	...	10·31	...
Pulses	4·03	3·80	2·64	2·03	2·20	2·10	4·95
Leafy Vegetables	3·41	1·80	1·03	0·11	1·17	4·03	0·29
Other Vegetables ...	15·10	15·00	5·97	2·47	4·70	1·04	8·68
Ghee and Vegetable Oil ...	1·50	2·30	1·81	0·53	1·04	0·10	0·68
Milk and Milk Products ...	0·91	3·20	5·43	1·50	4·05	4·30	0·53
Meat, Fish and Eggs ...	3·00	2·00	1·21	1·28	2·25	0·12	1·12
Fruits and Nuts	...	0·20	0·98	0·61	1·20	...	0·21
Sugar and Jaggery ...	0·92	...	1·09	0·74	0·90	0·17	0·29
Condiments	0·45	...	0·04	0·61	...	0·87	0·21
Nutrients (estimated value)							
Protein (g.)	104·0	86·5	54·9	60·5	98·6	74·8	90·6
Fat (g.)	54·6	84·8	70·6	32·9	53·5	28·1	31·6
Carbohydrate (g.)	599·6	419·9	367·2	424·6	554·0	383·9	559·2
Calcium (mg.)	899	860	802	521	775	905	650
Phosphorus (mg.)	1,827	1,941	1,382	1,360	2,313	1,784	2,276
Iron (mg.)	39·9	38·7	30·2	27·0	44·5	47·7	34·9
Calorific Value	3,338	2,771	2,333	2,246	3,059	2,080	2,839
Vitamin A (I.U.)	5,960	2,627	1,594	1,048	2,851	5,488	847
Vitamin B_1 (I.U.)	464	573	212	289	550	807	704
Nicotinic Acid (mg.)	13·1	21·0	5·9	10·7	23·3	12·2	25·7
Riboflavin (mg.)	684	823	247	469	771	336	807
Vitamin C (mg.)	216	149	53	24	42	124	43
Per cent of Animal Protein ...	17·7	16·0	23·9	14·2	16·2	7·2	7·7
Per cent of Animal Fat ...	8·6	14·3	18·0	26·4	26·8	29·9	11·1

Figures in parenthesis indicate the number of hostels surveyed.

Table XII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of calories per C.U.

Range of intake (Class interval)	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Utter Pradesh	West Bengal	Total
Upto 1,000 ...	...	...	...	6	...	...	...	1	...	1	3	...	...	...	...	...	...	11
1,001—1,250 ...	...	...	...	5	7	...	...	1	...	1	9	...	...	...	2	...	...	25
1,251—1,500 ...	...	...	...	3	14	...	...	...	...	2	18	...	1	...	1	...	...	39
1,501—1,750 ...	...	...	1	10	46	...	...	3	...	...	21	...	...	...	3	...	...	84
1,751—2,000 ...	...	...	...	10	67	...	...	3	...	...	31	...	2	...	5	...	...	118
2,001—2,250 ...	...	3	...	8	59	...	...	9	...	3	23	...	7	...	3	...	...	115
2,251—2,500 ...	...	...	1	7	53	...	...	10	...	1	26	...	11	1	6	1	2	119
2,501—2,750 ...	...	2	...	11	39	2	...	14	...	2	14	...	18	3	7	...	1	113
2,751—3,000 ...	...	...	...	15	28	1	1	16	...	2	11	2	9	2	3	1	2	93
3,001—3,250 ...	3	...	...	8	7	...	1	7	2	1	4	...	6	6	2	...	4	61
3,251—3,500 ...	...	1	...	3	6	...	...	7	...	3	1	...	3	2	1	...	2	29
Over 3,500 ...	...	...	...	4	7	...	1	7	...	4	5	...	1	6	1	...	...	36
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XIII

Percentage distribution of calories from cereals and non-cereals

Percentage of calories obtained from	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal
Cereals	97·0	79·5	75·9	73·9	54·6	82·1	72·4	82·2	84·4	73·7	82·0	90·4	80·9	70·7	63·8	82·7	76·5
Non-cereals	3·0	20·5	24·1	26·1	45·4	17·9	27·6	17·8	15·6	26·3	18·0	9·6	19·1	29·3	36·2	17·3	23·5

Table XIV

Frequency distribution of percentage incidence of calories from cereals in the different States of India

Class interval of percentage of calories	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total All-India
Below and upto 40 ...	...	...	...	3	60	...	...	...	...	2	...	...	...	1	...	...	...	66
Over 40 and upto 50 ...	...	...	...	4	55	...	...	...	...	...	3	...	...	2	1	...	1	66
Over 50 and upto 60 ...	...	...	...	7	82	...	...	1	...	3	4	...	1	1	8	...	1	108
Over 60 and upto 70 ...	...	2	...	15	84	...	1	7	...	3	7	...	9	4	14	...	...	146
Over 70 and upto 80 ...	...	...	2	14	41	1	2	19	...	3	37	...	11	2	10	...	3	145
Over 80 and upto 90 ...	...	3	...	14	17	2	...	33	...	5	71	...	20	8	1	2	5	181
Over 90 and upto 100 ...	3	1	...	33	4	...	...	18	2	4	44	2	17	2	...	...	1	131
Total number of survey groups	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XV

Percentage incidence of calories derived from the different classes of foodstuffs in the average diet of different groups

	Agriculturists	Industrial labourers	Students
1. Cereals	82·4 %	72·8 %	52·5 %
2. Pulses	7·3 %	8·7 %	11·4 %
3. Vegetables and Fruits	2·1 %	2·5 %	4·7 %
4. *Ghee* and Oil	3·5 %	7·6 %	18·4 %
5. Milk etc.	1·6 %	1·6 %	5·8 %
6. Flesh Food	0·9 %	2·1 %	2·1 %
7. Sugar and Jaggery	1·0 %	2·4 %	4·8 %
8. Condiments etc.	1·3 %	2·2 %	0·2 %
Total ...	100·1 %	99·9 %	99·9 %

Table XVI

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of protein per C.U.

Range of intake in grammes (Class interval)	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
Over 10 g. upto 20 g. ...	...	...	...	1	8	...	...	1	...	...	2	...	...	...	...	...	...	12
„ 20 g. „ 30 g. ...	...	...	...	5	26	...	...	...	...	...	15	...	...	...	4	...	...	50
„ 30 g. „ 40 g. ...	...	...	...	5	45	...	...	3	...	1	25	...	...	1	4	...	...	84
„ 40 g. „ 50 g. ...	...	...	...	9	72	...	...	1	...	...	36	...	2	...	6	...	...	126
„ 50 g. „ 60 g. ...	...	1	1	12	65	...	...	16	...	2	42	...	6	2	5	1	...	153
„ 60 g. „ 70 g. ...	...	2	...	7	61	2	...	15	...	3	17	1	13	4	10	...	...	135
„ 70 g. „ 80 g. ...	...	2	...	8	23	1	...	17	2	4	15	1	12	2	3	...	3	93
„ 80 g. „ 90 g. ...	...	...	1	16	18	...	...	11	...	1	7	...	11	3	1	...	4	73
„ 90 g. „ 100 g. ...	...	...	...	10	11	...	1	11	...	3	5	...	10	2	1	1	4	59
„ 100 g. „ 110 g. ...	3	1	...	7	8	...	1	3	...	1	...	...	4	3	...	...	...	31
„ 110 g. „ 120 g. ...	...	...	...	7	3	...	...	...	...	...	2	...	...	1	...	...	...	13
Over 120 g. ...	...	...	...	3	3	...	1	...	...	4	...	...	...	2	...	...	...	14
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XVII

Percentage incidence of proteins derived from different foods in the various groups

	Agriculturists	Industrial labourers	Students
1. Cereals	72·3 %	64·1 %	43·9 %
2. Pulses	16·2 %	18·4 %	27·0 %
3. Vegetables and Fruits	3·2 %	3·4 %	6·6 %
4. Milk etc.	2·3 %	2·3 %	10·0 %
5. Flesh Food	4·2 %	8·5 %	12·4 %
6. Condiments etc.	1·9 %	3·2 %	...
Total ...	100·1 %	99·9 %	99·9 %

Table XVIII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of fat per C.U.

Range of intake in grammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0—10	...	1	...	36	11	...	...	2	...	5	29	...	14	...	...	...	...	98
11—20	3	2	...	15	35	...	...	20	...	2	61	2	18	5	2	1	1	167
21—30	...	1	2	14	42	3	1	27	...	8	42	...	13	4	9	...	5	171
31—40	...	1	...	11	57	...	1	9	2	2	16	...	9	1	3	1	3	116
41—50	...	...	...	5	26	...	...	9	...	1	8	...	2	...	11	...	...	62
51—60	...	1	...	3	35	...	1	3	...	1	4	...	...	2	4	...	...	54
61—70	...	...	...	1	27	...	...	4	...	...	3	...	2	3	1	...	...	41
71—80	...	...	...	2	21	...	...	...	...	1	2	...	...	2	2	...	1	31
81—90	...	...	...	2	22	...	...	1	...	...	1	...	...	...	1	...	1	28
91—100	...	...	...	1	12	...	...	3	...	...	...	...	...	...	1	...	...	17
101—110	...	...	...	...	18	...	...	...	...	...	...	...	...	...	...	...	...	18
111—120	...	...	...	...	16	...	...	...	...	...	...	...	...	1	...	...	...	17
121—130	...	...	...	...	9	...	...	...	...	...	...	...	...	...	...	...	...	9
131—140	...	...	...	...	6	...	...	...	...	...	...	...	...	...	...	...	...	6
Over 140	...	...	...	...	6	...	...	...	...	...	...	...	...	2	...	...	...	8
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XIX

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of carbohydrate per C.U.

Range of intake in grammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
Upto 200	...	...	...	4	4	...	...	1	...	2	1	...	...	...	...	...	...	12
201—300	...	...	1	8	62	...	...	1	...	2	27	...	...	...	3	...	...	104
301—400	...	...	...	14	185	...	...	8	...	1	51	...	1	...	10	...	2	272
401—500	...	4	1	27	62	...	...	19	...	4	51	...	13	3	15	...	...	199
501—600	...	2	...	30	20	3	2	29	...	1	28	1	32	5	5	2	3	163
601—700	3	...	...	4	8	...	...	15	2	5	4	1	10	9	1	...	5	67
Over 700	...	...	...	3	2	...	1	5	...	5	4	...	2	3	...	...	1	26
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XX

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of calcium per C.U.

Range of intake in milligrammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
100—200	...	1	...	10	3	...	...	14	...	...	19	...	...	...	2	...	...	49
201—400	2	3	1	28	52	3	...	17	...	9	50	...	24	4	12	1	1	207
401—600	1	...	1	23	85	...	...	14	2	4	51	...	20	7	13	...	2	223
601—800	...	1	...	10	70	...	...	12	...	2	19	...	12	1	4	1	7	139
801—1,000	...	1	...	13	64	...	2	7	...	2	16	...	1	4	3	...	1	114
1,001—1,200	...	...	...	6	31	...	...	8	...	3	6	...	1	1	...	...	...	56
1,201—1,400	...	...	...	...	13	...	1	5	...	...	3	...	...	...	...	...	...	22
1,401—1,600	...	...	...	...	12	...	...	...	...	...	2	...	...	1	...	...	...	15
1,601—1,800	...	...	...	...	6	...	...	...	...	...	...	...	...	...	...	...	...	6
Over 1,800	...	...	...	...	7	...	...	1	...	...	...	2	...	2	...	...	...	12
Total ...	3	6	2	90	243	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XXI

Percentage incidence of calcium derived from different foods in the various groups

	Agriculturists	Industrial labourers	Students
1. Cereals and Pulses	55·6 %	39·5 %	26·9 %
2. Vegetables and Fruits	21·6 %	25·6 %	33·6 %
3. Milk etc.	12·5 %	13·9 %	33·0 %
4. Other items	10·3 %	21·0 %	6·5 %
Total ...	100·0%	100·0%	100·0%

Table XXII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of phosphorus per C.U.

Range of intake in grammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
Upto ·5	...	...	...	2	...	...	...	1	...	...	9	...	...	...	...	...	...	12
·5— ·75	...	...	...	2	4	...	...	...	...	1	22	...	...	...	2	...	...	31
·76—1·00	...	...	...	4	39	...	...	3	...	1	32	...	...	...	7	...	...	86
1·01—1·25	...	...	1	6	94	...	...	8	...	3	38	...	1	...	4	...	...	155
1·26—1·50	...	...	...	11	95	...	...	14	...	2	19	...	...	1	5	...	...	147
1·51—1·75	...	1	...	12	58	...	...	22	...	1	15	...	4	...	10	...	1	124
1·76—2·00	...	4	1	16	35	...	...	11	...	...	13	...	13	4	1	1	1	100
2·01—2·25	...	...	...	15	12	3	...	8	...	3	9	1	19	2	4	...	1	77
2·26—2·50	...	1	...	14	5	...	1	8	2	2	7	1	13	6	1	...	2	63
2·51—2·75	...	...	...	6	1	...	1	2	...	2	1	...	6	4	...	1	5	29
2·76—3·00	3	...	...	...		...	...	1	...	2	1	...	2	...	...	...	1	10
Over 3·00 ...	...	...	...	2	...	...	1	...	...	3	...	...	...	3	...	...	...	9
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

TABLE XXIII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of iron per C.U.

Range of intake in milligrammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
5—10	...	...	...	1	2	...	...	1	...	...	8	...	...	...	5	...	...	12
11—15	...	...	...	5	6	...	...	...	...	...	23	...	...	...	9	...	...	39
16—20	...	1	...	10	22	...	...	4	...	...	36	...	...	...	11	...	2	82
21—25	...	2	...	13	66	...	...	8	...	2	39	...	10	1	7	1	1	154
26—30	...	1	1	9	84	3	...	11	...	5	18	...	20	...	2	...	2	161
31—35	...	...	...	10	78	...	...	15	...	3	16	...	23	3	...	...	5	152
36—40	...	2	...	21	44	...	...	11	2	2	12	...	2	1	...	...	1	102
41—45	...	...	1	12	16	...	...	4	...	2	5	1	3	6	...	...	...	51
46—50		...	...	5	11	...	...	9	...	1	6	...	...	1	...	...	...	33
51—55	...	...	...	2	7	...	2	10	...	...	2	1	...	4	...	1	...	29
56—60	...	...	...	1	3	...	...	4	...	...	...	...	...	1	...	...	...	9
61—65	3	...	...	1	1	...		1	...	1	1	...	...	1	...	...	...	9
Over 65 ...	...	...	...	...	3	...	1	...	...	4	...	...	...	2	...	...	...	10
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XXIV

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of Vitamin 'A' per C.U.

Range of intake in International Units	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0— 500 ...	3	...	...	8	49	...	...	7	...	1	52	...	3	7	1	...	...	131
501—1,000 ...	...	1	1	14	86	...	...	32	...	5	59	...	15	6	2	1	1	223
1,001—1,500 ...	...	...	1	19	69	1	...	17	...	3	28	1	14	3	5	1	2	164
1,501—2,000 ...	...	2	...	22	47	2	1	7	...	1	13	...	9	4	7	...	...	115
2,001—2,500 ...	...	...	...	9	43	...	2	3	...	3	7	...	8	...	5	...	...	80
2,501—3,000 ...	...	1	...	7	21	...	...	6	...	3	6	1	5	...	5	...	1	56
3,001—3,500 ...	...	...	...	5	14	...	...	5	...	1	1	...	3	...	4	...	...	33
3,501—4,000 ...	...	...	...	4	7	...	...	1	2	1	...	...	1	...	...	...	...	16
Over 4,000 ...	...	2	...	2	7	...	...	...	...	2	...	...	...	...	5	...	7	25
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XXV

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of Thiamin per C.U.

Range of intake in International Units	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0—100 ...	3	...	...	...	27	...	...	1	...	...	...	...	...	1	...	...	...	32
101—200 ...	...	...	1	5	145	...	...	1	...	...	3	...	...	15	...	...	1	171
201—300 ...	...	...	1	10	115	...	...	6	...	1	21	...	...	1	2	...	1	158
301—400 ...	...	...	...	14	32	...	...	10	...	4	40	...	1	...	6	1	...	108
401—500 ...	...	1	...	13	9	...	1	22	...	2	37	...	2	...	6	...	...	93
501—600 ...	...	3	...	24	7	...	1	18	...	1	30	...	11	1	12	1	...	109
601—700 ...	...	1	...	15	2	3	...	7	...	2	14	...	21	...	6	...	...	71
701—800 ...	...	1	...	6	3	...	...	6	2	4	11	...	17	2	2	...	3	57
801—900 ...	...	...	...	...	3	2	...	1	3	...	...	5	...	5	...	...	...	5	24
901—1,000 ...	...	...	...	...	...	1	...	...	3	...	3	4	...	1	...	...	...	1	13
Over 1,000 ...	...	...	...	...	...	...	...	...	1	...	3	1	2	...	...	...	...	...	7
Total ...	3	6	2	90	343	3	3	78	2	20	161	2	58	20	34	2	11	843

Table XXVI

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of riboflavin per C.U.

Range of intake in Microgrammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0—100 ...	3	...	...	...	34	...	3	10	...	7	144	2	...	5	...	...	...	208
101—200 ...	...	...	2	3	147	...	...	11	...	3	22	...	...	6	...	...	...	194
201—300 ...	...	...	...	7	82	...	...	9	...	1	...	...	...	3	1	1	...	104
301—400 ...	...	...	...	6	40	...	...	11	...	1	...	...	...	4	2	...	...	64
401—500 ...	...	...	...	15	19	...	...	8	...	...	...	...	...	2	2	...	...	46
501—600 ...	...	...	...	14	12	...	...	7	...	1	...	...	1	...	2	1	1	39
601—700 ...	...	2	...	15	3	...	...	14	...	1	...	...	6	...	5	...	...	46
701—800 ...	...	3	...	14	3	...	...	2	...	1	...	...	12	...	4	...	...	39
801—900 ...	...	1	...	9	1	1	...	2	...	2	...	...	20	...	4	...	1	41
901—1,000 ...	...	...	...	...	4	1	2	...	3	2	2	...	...	15	...	6	...	2	37
Over 1,000 ...	...	...	...	...	3	1	...	...	1	...	1	...	...	4	...	8	...	7	25
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XXVII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of nicotinic acid per C.U.

Range of intake in Milligrammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0— 5	3	...	1	2	173	...	...	2	...	1	...	...	...	8	...	...	1	191
6—10	...	...	1	5	130	...	2	19	...	5	19	...	...	9	3	1	...	194
11—15	...	1	...	14	29	...	...	40	...	1	53	2	...	2	3	...	1	146
16—20	...	...	...	23	8	...	1	14	...	4	50	...	2	1	9	1	...	113
21—25	...	4	...	33	3	...	...	3	...	3	32	...	19	...	16	...	...	113
26—30	...	1	...	13	...	3	...	...	2	3	10	...	27	...	3	...	3	65
31—35	...	...	...	...	...	...	...	...	...	2	...	...	8	...	...	...	6	16
36—40	...	...	...	...	...	...	...	...	...	1	1	...	2	...	...	...	...	4
41—45	...	...	...	...	...	...	...	...	...	...	1	...	...	...	...	...	...	1
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

Table XXVIII

Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of Vitamin 'C' per C.U.

Range of intake in Milligrammes	Ajmer	Assam	Bhopal	Bihar	Bombay	Coorg	Delhi	Hyderabad	Kashmir	Madhya Pradesh	Madras	Mysore	Orissa	Punjab	Travancore	Uttar Pradesh	West Bengal	Total
0—20	3	...	2	9	82	...	...	48	...	13	69	...	1	14	...	...	...	241
21—40	...	1	...	28	97	...	3	12	...	5	71	1	15	2	2	2	...	239
41—60	...	1	...	31	59	3	...	10	...	2	21	1	26	2	11	...	...	167
61—80	...	1	...	9	44	...	...	7	2	...	3	...	10	1	7	...	1	85
81—100	...	1	...	11	31	...	...	1	...	...	2	...	6	1	8	...	1	62
101—120	...	...	...	1	13	...	...	...	...	...	...	...	...	...	5	...	1	20
121—140	...	...	...	...	8	...	...	...	...	...	...	...	...	...	...	...	...	8
141—160	...	1	...	1	7	...	...	...	...	...	...	...	...	...	1	...	5	15
Over 160 ...	...	1	...	...	2	...	...	...	...	...	...	...	...	...	...	...	3	6
Total ...	3	6	2	90	343	3	3	78	2	20	166	2	58	20	34	2	11	843

APPENDIX

*Details of diet surveys including estimated nutrient and calorific value of average diets**

AJMER

Survey No	No. of families or units†	No. of persons	Total protein g.	Per cent of Animal Protein	Fat g.	Carbohydrate g.	Calcium (Ca), mg.	Phosphorus (P) mg.	Iron (Fe) mg.	Calorific value	Vitamin A (I.U.)	Thiamine (I.U.)	Nicotinic Acid mg.	Riboflavin µg.	Vitamin C. mg.
1.	24	127	104·9	...	15·8	621·7	348	2,768	61·4	3,044	18	5	0·1	10	5
2.	19	99	108·8	1·6	19·5	635·1	425	2,870	62·7	3,146	14	4	0·1	24	4
3.	23	114	107·8	...	16·4	632·9	357	2,821	62·7	3,106	18	5	0·1	10	5

ASSAM

1.	6	15	73·9	6·4	20·4	579·6	376	2,263	29·7	2,742	1,856	700	27·3	869	63
2.	4	30	60·1	13·5	6·8	462·0	305	1,832	24·1	2,100	2,676	586	24·0	760	81
3.	12	93	75·1	13·0	38·1	478·2	686	1,940	36·5	2,511	6,106	600	22·3	752	159
4.	1	110	104·0	17·7	54·6	599·6	899	1,827	39·9	3,338	5,960	464	13·1	684	216
5.	37	...	55·9	2·9	13·7	453·2	179	1,702	19·3	2,113	641	568	21·9	695	32
6.	35	...	60·0	6·8	14·2	463·7	239	1,790	22·1	2,174	1,514	594	23·1	718	57

BIHAR

1.	62	1,238	86·4	16·0	84·8	419·9	860	1,941	38·7	2,770	2,627	573	21·0	823	149
2.	104	877	88·4	11·7	37·7	458·3	623	1,998	35·8	2,509	1,237	557	22·1	711	58
3.	81	730	119·2	9·5	55·3	701·0	1,032	3,057	47·8	3,758	1,377	782	28·5	1,151	87
4.	70	633	110·1	8·7	47·6	642·9	986	2,668	46·0	3,425	1,519	696	24·8	919	53
5.	10	88	128·4	10·4	35·7	722·0	1,166	3,206	49·5	3,708	1,487	782	29·6	1,124	27
6.	31	157	87·4	0·3	43·9	465·7	467	1,905	33·8	2,591	690	574	18·7	482	15
7.	25	135	101·2	0·3	30·4	569·3	751	2,233	44·8	2,933	3,136	674	22·3	571	68
8.	25	168	85·9	...	7·8	561·7	543	2,219	38·3	2,636	2,737	595	23·1	673	68
9.	120	973	103·3	22·9	82·8	556·8	998	2,193	43·1	3,040	2,345	590	25·8	926	82
10.	9	55	76·1	...	16·6	457·2	467	1,898	36·1	2,267	661	485	18·7	532	29
11.	20	91	54·6	5·5	11·3	324·6	256	1,269	20·7	1,605	412	361	13·5	402	9
12.	24	171	141·0	3·0	24·6	550·0	1,109	2,426	56·2	2,970	2,850	881	22·9	455	53
13.	25	135	73·3	12·8	37·2	564·2	1,033	2,500	52·5	3,105	2,550	815	25·0	639	47
14.	25	150	77·4	1·7	13·2	304·9	596	1,327	30·7	1,639	1,749	488	12·3	239	30
15.	25	150	95·6	4·0	15·2	406·6	642	1,751	36·7	2,132	1,378	599	17·2	391	23
16.	144	783	96·9	3·0	16·8	535·8	731	2,098	39·8	2,660	6,349	672	20·7	647	97
17.	24	104	85·2	10·3	23·6	478·1	635	1,924	36·9	2,446	2,476	358	21·6	648	58
18.	100	666	88·0	11·0	30·5	428·5	587	1,870	34·0	2,324	904	560	20·2	643	53
19.	22	102	100·7	12·7	18·1	416·3	850	1,595	41·3	2,219	3,239	612	18·5	421	49
20.	25	136	57·4	0·3	5·3	397·5	190	1,562	22·1	1,851	283	402	16·5	510	16

*For further information about each of the surveys a reference is invited to pp. 29-152 of the I. C. M. R. Special Report Series No. 20.
†Unit comprises of hostels, messes etc.

APPENDIX—(*Contd.*)

BIHAR

Survey No.	No. of families or units	No. of persons	Total protein g.	Per cent of Animal protein	Fat g.	Carbohydrate g.	Calcium (Ca), mg.	Phosphorus (P) mg.	Iron (Fe) mg.	Calorific value	Vitamin A (I.U.)	Thiamine (I.U.)	Nicotinic Acid mg.	Riboflavin μg.	Vitamin C. mg.
21.	25	121	44·6	0·4	4·3	331·5	171	1,310	18·8	1,529	388	324	13·8	467	34
22.	25	170	131·5	...	14·1	757·5	1,008	2,390	63·4	3,665	2,526	846	23·1	419	42
23.	25	119	113·4	...	11·9	597·7	880	1,948	52·7	2,939	2,223	722	18·4	293	28
24.	1	220	21·7	9·7	6·0	109·5	258	448	11·2	571	1,324	142	4·7	143	38
25.	37	260	97·3	23·0	91·8	479·9	1,164	2,201	41·1	3,120	3,657	583	23·0	992	115
26.	41	222	103·5	14·7	62·9	573·3	926	2,461	43·5	3,255	2,246	645	25·9	955	81
27.	42	210	103·1	7·8	36·2	618·7	625	2,520	41·7	3,188	1,712	678	27·4	865	54
28.	74	284	97·2	8·0	29·7	547·6	731	2,255	42·3	2,824	3,504	628	24·9	740	76
29.	26	1,005	82·1	3·2	21·2	511·5	488	2,066	35·0	2,542	1,808	553	22·0	659	55
30.	59		85·7	4·4	28·2	527·0	530	2,142	36·7	2,682	1,799	576	22·8	706	63
31.	58		79·1	6·7	29·8	481·8	557	1,977	34·9	2,489	2,273	527	21·3	684	75
32.	12		80·0	7·6	59·1	489·6	621	2,008	35·2	2,792	1,939	531	20·8	709	71
33.	125	497	98·9	6·7	28·2	571·1	541	2,349	39·3	2,912	776	645	25·2	777	40
34.	50	275	83·0	7·0	29·5	548·7	503	2,208	35·9	2,771	1,603	564	24·1	803	70
35.	50	334	77·5	3·7	32·1	544·6	376	2,155	32·6	2,755	1,281	530	23·2	737	39
36.	55	260	44·0	7·0	12·9	294·6	216	1,213	18·4	1,458	268	299	13·3	453	31
37.	46	229	75·6	3·2	17·1	491·9	293	1,963	28·9	2,406	472	518	21·1	650	22
38.	47	296	60·5	0·8	12·6	423·9	416	1,681	28·8	2,033	2,215	413	17·7	540	56
39.	39	176	57·2	1·9	5·9	401·4	550	1,588	30·3	1,867	3,831	400	17·1	527	96
40.	50	221	74·3	5·8	29·9	491·5	404	1,988	31·7	2,512	1,394	506	21·8	711	58
41.	88	416	60·2	0·7	6·8	447·8	267	1,746	25·5	2,077	1,223	419	18·8	584	30
42.	75	458	53·2	1·1	6·5	402·7	323	1,571	24·7	1,865	1,928	372	17·2	537	47
43.	27	115	62·2	0·2	5·9	464·5	249	1,805	26·0	2,140	1,044	436	19·5	601	27
44.	110	479	81·3	4·6	25·8	519·6	490	2,095	35·0	2,614	1,628	539	22·2	692	50
45.	35	177	89·3	5·7	37·5	549·4	584	2,246	38·2	2,871	1,665	581	23·7	741	50
46.	19	116	95·3	10·0	57·4	544·5	712	2,284	41·1	3,059	1,517	596	24·1	802	59
47.	13	73	94·9	15·0	76·6	452·6	824	2,284	39·8	3,153	1,456	574	23·8	882	58
48.	91	509	47·6	...	4·4	524·4	170	1,371	19·3	1,623	623	334	14·6	452	15
49.	121	605	53·3	...	4·6	389·5	222	1,512	22·2	1,796	1,015	375	16·2	496	26
50.	26	104	57·6	...	4·9	422·5	251	1,640	24·3	1,947	1,212	405	17·6	538	30
51.	12	53	62·5	...	5·4	458·5	242	1,796	25·6	2,112	1,043	439	19·1	585	27
52.	24	508	41·5	7·7	5·7	264·9	229	1,063	16·8	1,266	1,029	277	12·2	374	25
53.	24		25·8	...	2·3	187·3	223	735	13·4	865	1,533	183	7·8	243	40
54.	24		27·9	...	2·4	208·9	183	812	13·5	960	1,200	199	8·7	269	30
55.	25		35·6	1·4	3·4	238·1	178	935	14·8	1,115	804	244	10·1	297	18
56.	52	279	45·4	2·6	4·9	322·8	330	1,276	21·5	1,502	2,021	315	13·8	435	52
57.	36	198	55·3	1·1	8·1	400·6	345	1,568	25·4	1,881	2,049	389	16·9	524	52

APPENDIX—*(Contd.)*

BIHAR

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Frotein	Fat g.	Carbohydrate g.	Calcium (Ca) mg.	Phosphorus (P) mg.	Iron (Fe) mg.	Calorific value	Vitamin A (I.U.)	Thiamine (I.U.)	Nicotinic Acid mg.	Riboflavin μg.	Vitamin C mg.
58.	38	209	49·9	...	4·4	378·3	274	1,469	22·8	1,735	1,641	355	15·8	496	44
59.	7	27	58·5	3·6	12·2	409·0	323	1,610	25·4	1,961	1,688	404	17·9	552	43
60.	39	214	35·9	...	3·1	261·7	179	1,017	15·6	1,207	959	253	10·9	334	24
61.	44	213	61·4	...	8·2	351·6	286	1,403	23·2	1,713	727	414	14·2	376	11
62.	23	670	36·0	0·8	3·4	266·9	262	1,043	17·6	1,230	1,741	255	11·2	352	45
63.	23		28·6	...	2·6	209·8	323	826	16·7	966	2,427	205	8·8	272	61
64.	23		35·3	...	3·0	272·7	187	1,053	16·0	1,247	1,186	251	11·4	355	28
65.	23		49·3	1·0	4·6	369·9	220	1,434	21·2	1,702	1,163	347	15·6	486	28
66.	23		63·9	0·2	5·8	476·7	522	1,861	32·7	2,193	3,653	453	19·9	619	90
67.	7	26	31·2	...	3·0	225·8	315	891	17·2	1,043	2,254	222	9·4	295	59
68.	25	461	47·0	7·2	8·9	319·8	250	1,311	20·4	1,533	468	297	14·5	463	18
69.	25		55·8	2·5	6·1	404·3	165	1,597	22·0	1,882	238	390	17·3	562	21
70.	17		20·0	...	1·8	146·5	226	577	11·8	675	1,687	144	6·1	191	44
71.	17	117	14·0	...	1·3	104·8	125	413	7·5	481	855	102	4·4	143	26
72.	81	398	58·0	5·3	13·6	405·0	231	1,615	22·7	1,958	514	391	17·8	571	17
73.	143	1,124	104·8	11·7	45·0	520·9	812	2,265	41·7	2,892	1,643	645	24·1	766	49
74.	20	...	114·6	10·7	49·6	601·2	898	2,567	46·6	3,523	1,724	712	26·9	869	57
75.	60	248	54·7	5·9	8·4	374·0	452	1,499	26·9	1,771	2,812	378	16·7	539	80
76.	146	1,076	95·5	8·2	33·5	552·1	809	2,393	38·0	2,874	1,774	625	22·8	853	62
77.	71	375	73·9	0·3	6·6	534·3	382	2,081	32·5	2,469	1,915	522	22·2	689	57
78.	120	619	41·3	...	3·7	314·1	271	1,219	19·7	1,442	1,791	294	13·2	407	43
79.	80	622	104·5	5·4	33·4	554·5	760	2,384	40·0	2,920	1,215	669	22·7	724	30
80.	30	231	90·8	4·8	29·1	555·6	572	2,337	35·4	2,828	748	601	23·1	786	35
81.	80	720	116·1	21·4	70·2	565·2	940	2,519	44·2	3,342	1,418	677	29·5	1,039	48
82.	60	76	114·3	8·4	25·1	594·5	898	2,442	47·9	3,036	4,917	733	26·4	772	86
83.	50		86·5	8·1	21·4	589·8	547	2,343	38·4	2,870	3,248	590	26·8	872	85
84.	55	318	84·0	15·2	45·4	438·7	823	1,909	39·2	2,479	3,209	507	22·1	688	98
85.	50	280	89·9	6·1	14·0	551·1	408	2,225	34·1	2,666	985	600	24·7	744	26
86.	10	29	66·6	2·1	8·8	478·1	324	1,874	28·4	2,236	1,531	459	20·4	629	37
87.	50	231	95·1	6·6	30·2	527·0	534	2,207	37·1	2,741	778	606	23·3	695	23
88.	25	110	112·0	10·6	29·6	609·1	547	2,547	41·3	3,127	648	712	29·2	880	26
89.	200	1,045	81·5	2·6	11·3	582·6	543	2,289	37·9	2,730	3,333	565	25·0	777	81
90.	5	23	51·9	...	4·5	372·0	165	1,444	20·1	1,721	463	363	15·4	467	11

APPENDIX--(*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin µg.	Vita-min C mg.
1.	1	36	50·7	14·6	51·2	251·3	565	900	21·9	1,679	785	207	5·4	160	18
2.	1	45	55·2	6·3	42·3	310·1	556	1,078	28·9	1,849	1,319	202	4·9	151	41
3.	1	50	51·4	13·2	58·2	344·9	636	1,317	27·2	2,118	573	129	3·0	131	10
4.	1	30	51·7	12·2	59·9	362·8	566	1,235	27·1	2,215	582	156	4·1	137	1
5.	1	7	34·0	14·1	36·3	290·3	690	1,098	23·1	1,627	682	189	3·6	115	26
6.	1	10	40·4	7·2	36·5	375·4	543	1,529	31·8	1,995	1,156	96	1·8	97	44
7.	1	200	61·1	7·2	89·8	391·2	831	1,260	32·7	2,633	1,651	295	6·7	214	49
8.	1	60	67·1	26·2	105·9	395·1	1,364	1,678	36·0	2,821	3,066	190	4·7	313	87
9.	1	60	62·9	13·7	57·3	294·8	950	1,297	32·1	1,958	2,081	240	5·1	159	56
10.	1	75	34·2	12·9	12·6	229·4	293	730	16·7	1,175	291	122	3·7	125	8
11.	1	200	56·0	15·7	109·2	335·4	1,080	1,358	33·9	2,544	2,595	237	5·0	200	84
12.	1	50	69·5	16·7	32·9	344·5	961	1,426	33·8	1,968	2,336	353	7·4	209	62
13.	1	110	47·2	4·2	38·3	356·4	541	1,212	30·0	1,973	1,009	186	4·2	120	31
14.	1	80	59·0	12·9	72·2	379·6	789	1,390	31·6	2,419	824	223	5·0	142	11
15.	1	45	69·0	24·4	89·3	419·3	1,267	1,872	35·2	2,781	1,234	261	5·5	193	12
16.	1	40	39·4	5·6	35·4	362·5	500	1,273	29·2	1,938	1,132	189	4·2	107	29
17.	1	80	56·7	12·3	59·8	370·7	800	1,397	31·8	2,258	1,101	210	4·7	147	26
18.	1	35	38·7	17·6	101·7	296·1	664	1,018	20·3	2,264	628	142	3·4	163	18
19.	1	47	46·4	12·7	50·3	342·6	680	1,221	25·0	2,018	631	163	3·6	164	20
20.	1	150	82·8	14·5	100·8	389·9	822	1,517	40·3	2,089	1,874	297	8·5	231	33
21.	1	91	47·9	9·2	36·4	294·5	568	1,040	22·4	1,708	524	155	3·5	157	17
22.	1	14	55·6	6·1	65·0	353·6	538	1,310	30·8	2,236	695	200	4·5	109	12
23.	1	70	64·5	6·4	34·1	339·7	557	1,242	30·6	1,928	558	247	5·7	160	21
24.	1	30	52·9	10·4	56·2	308·5	658	1,132	25·4	1,960	916	179	4·1	192	30
25.	1	55	70·5	1·0	54·0	293·0	628	1,242	31·7	1,947	2,509	212	4·8	139	80
26.	1	78	41·6	12·0	56·3	287·1	627	952	23·4	1,833	1,519	148	3·7	164	46
27.	1	45	49·5	2·2	14·7	332·3	497	1,179	30·0	1,663	1,203	141	3·2	117	43
28.	1	122	51·7	16·1	63·3	266·7	836	1,190	28·1	1,852	2,097	144	2·9	170	66
29.	1	51	52·5	16·8	69·7	292·2	878	1,141	27·8	2,018	2,013	174	4·2	186	59
30.	1	177	59·1	27·1	124·1	337·9	1,583	1,731	35·2	2,698	2,892	229	3·7	236	104
31.	1	55	53·5	26·0	130·3	336·9	1,400	1,592	30·1	1,842	2,445	257	4·2	237	64
32.	1	60	61·3	22·2	119·4	419·8	1,922	1,819	55·0	3,007	8,456	315	6·7	498	306
33.	1	53	43·8	11·6	46·1	310·7	726	1,088	26·6	1,841	1,964	206	4·6	260	73
34.	1	40	46·7	18·8	66·6	410·0	841	1,675	34·0	2,440	1,629	123	2·8	138	47
35.	1	15	61·8	12·9	53·0	328·4	988	1,646	39·0	2,040	2,873	97	1·8	130	99
36.	1	57	32·4	6·8	30·8	402·3	536	1,453	33·3	2,025	1,171	137	3·4	92	34
37.	1	45	43·7	0	50·0	394·4	493	1,298	32·5	2,213	1,030	259	5·4	112	28

APPENDIX—(*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phospho-rus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vita-min C mg.
38.	1	50	68·2	15·7	53·6	677·8	830	2,394	52·3	3,478	1,371	359	9·3	238	48
39.	1	35	22·2	0·0	11·9	295·9	285	981	22·1	1,389	1,410	103	2·6	145	52
40.	1	175	25·8	0·0	4·6	489·8	292	1,686	31·2	2,117	290	125	2·8	111	13
41.	1	25	36·0	3·3	33·8	347·2	470	1,254	29·2	1,842	1,124	191	3·9	122	38
42.	1	143	33·1	36·3	18·3	307·8	366	1,185	22·6	1,534	363	126	4·6	150	13
43	1	75	54·4	11·9	45·2	442·3	1,164	1,473	34·8	2,406	1,778	260	5·9	173	43
44.	1	28	42·2	10·7	43·6	448·2	499	1,232	24·0	2,383	883	173	5·3	260	19
45.	1	30	51·8	15·3	20·1	329·2	593	1,254	34·3	1,708	2,194	171	5·1	148	70
46.	1	25	45·9	34·6	39·2	311·6	830	1,291	24·2	1,797	1,595	177	5·3	233	44
47.	1	60	48·0	23·5	44·2	296·9	332	907	18·0	1,787	270	114	5·2	118	12
48.	1	100	57·2	21·2	73·0	443·1	694	1,256	32·8	2,412	2,022	271	6·2	267	76
49.	1	12	62·7	19·1	79·2	476·8	1,002	1,665	32·2	3,000	1,405	276	6·8	271	21
50.	1	112	26·7	6·7	31·1	378·7	621	1,482	35·4	1,909	1,450	130	3·2	58	49
51.	1	75	41·1	21·4	58·0	385·0	822	1,555	31·0	2,242	990	196	3·9	109	20
52.	1	28	19·8	11·6	24·3	266·0	346	949	19·4	1,369	350	101	2·2	50	8
53.	1	48	25·5	0·0	24·9	340·3	306	1,256	26·4	1,692	318	141	2·7	33	8
54.	1	13	48·5	19·4	72·3	501·4	738	1,891	42·5	2,860	801	215	5·9	118	18
55.	1	67	16·1	8·7	19·6	305·4	328	1,080	20·8	1,478	300	86	1·6	55	13
56.	1	200	19·4	0·0	38·2	343·5	322	1,200	25·1	1,800	357	136	2·5	45	14
57.	1	25	30·2	2·3	18·0	319·9	319	1,201	24·7	1,567	272	103	2·2	63	10
58.	1	67	23·0	2·6	25·5	346·5	470	1,255	28·0	1,708	1,796	157	2·9	235	85
59.	1	15	46·0	40·8	59·4	288·8	638	1,140	19·2	1,888	614	123	5·2	237	7
60.	1	106	27·9	3·6	60·3	356·0	383	1,189	25·3	2,085	410	136	2·8	94	17
61.	1	75	67·4	0·0	49·5	574·0	820	1,789	46·7	2,618	1,043	466	8·6	74	25
62.	1	14	26·7	3·0	24·3	293·9	291	768	18·5	1,513	1,122	83	2·8	200	44
63.	1	39	34·4	0·0	7·7	283·7	231	902	19·6	1,354	227	126	3·2	109	5
64.	1	34	52·9	0·0	37·2	384·9	443	1,303	33·4	2,094	605	250	5·4	109	14
65.	1	26	38·3	0·0	14·6	296·7	239	1,147	25·4	1,476	209	99	2·0	41	5
66.	1	56	35·2	5·1	15·4	355·1	357	1,227	28·5	1,709	994	160	4·0	83	3
67.	1	36	39·5	5·1	37·8	463·4	454	1,532	30·6	2,369	446	180	4·2	142	11
68.	1	16	39·7	17·1	66·5	329·7	725	1,205	22·5	2,088	668	172	3·6	176	23
69.	1	184	41·1	18·7	12·2	334·5	492	1,159	22·7	1,624	632	153	4·5	159	20
70.	1	20	42·2	7·8	79·6	393·8	545	1,206	25·4	2,474	556	191	4·5	181	16
71.	1	12	32·9	3·3	16·0	345·2	445	1,253	26·7	1,660	329	158	3·0	79	18
72.	1	150	30·0	6·3	23·6	406·4	499	1,503	29·4	1,975	380	150	3·1	64	11
73.	1	20	51·8	20·8	83·9	389·8	1,071	1,354	27·1	2,540	1,837	226	5·2	202	58
74.	10	53	59·4	9·8	34·2	390·0	507	1,193	30·2	2,119	1,235	166	5·4	217	38

APPENDIX—(*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin µg.	Vita-min C mg.
75.	10	40	59·3	10·1	47·6	459·9	567	962	22·1	2,534	1,929	266	9·3	502	68
76.	10	37	91·2	14·9	63·7	509·9	658	2,130	48·4	2,977	884	125	4·9	180	37
77.	10	51	71·2	45·6	82·6	346·1	876	1,248	24·9	2,429	2,108	177	10·0	461	61
78.	59	...	55·2	36·6	69·4	272·3	808	1,077	22·4	1,940	1,205	171	6·2	263	36
79.	36	...	56·9	21·4	98·8	334·2	1,007	1,343	26·5	2,466	980	215	4·4	189	23
80.	36	...	53·2	22·0	100·1	325·9	945	1,261	24·8	2,429	896	176	3·9	189	21
81.	90	...	54·9	18·2	86·5	331·4	863	1,258	25·4	2,335	871	223	4·5	180	19
82.	31	...	59·6	10·6	80·8	395·5	700	1,317	29·4	2,562	709	210	4·9	186	16
83.	7	28	66·7	45·6	47·6	316·0	538	1,124	21·0	1,965	619	138	9·2	378	20
84.	1	152	93·4	24·6	147·3	493·1	2,117	2,257	45·9	3,681	3,821	363	6·8	577	153
85.	1	265	78·6	19·1	126·2	412·2	1,441	1,791	41·1	3,112	2,844	250	5·3	246	84
86.	1	220	58·4	30·0	41·8	365·5	583	1,105	19·4	2,092	480	138	6·6	339	10
87.	1	200	67·7	48·4	65·3	292·7	456	1,154	20·8	2,035	296	104	8·6	340	6
88.	1	320	79·9	53·4	67·1	288·8	878	1,273	25·4	2,083	1,972	191	11·7	462	65
89.	1	250	60·7	28·2	41·0	313·0	398	1,304	29·2	1,784	268	62	4·7	153	1
90.	1	225	54·6	39·7	77·8	219·6	521	949	19·9	1,793	527	163	7·0	273	27
91.	1	275	54·7	12·6	38·2	282·5	490	1,117	26·1	1,696	451	163	4·3	125	14
92.	1	30	67·6	38·3	49·4	356·0	696	1,249	26·2	2,142	739	159	9·1	477	47
93.	1	48	47·6	11·8	124·2	364·9	759	1,323	28·1	2,777	738	192	4·0	172	29
94.	1	275	61·0	28·0	31·4	383·7	449	1,140	22·6	2,076	436	133	7·4	391	24
95.	1	25	38·5	11·7	30·0	305·4	324	779	15·7	1,660	264	107	4·3	239	14
96.	1	50	81·1	0·2	46·2	499·1	650	1,668	45·9	2,747	1,802	257	6·2	177	56
97.	1	32	60·7	10·9	121·3	352·0	974	1,240	32·9	2,756	2,475	249	5·7	223	79
98.	1	120	53·8	19·0	112·5	307·4	1,111	1,238	29·5	2,466	1,981	225	4·6	190	64
99.	1	50	50·4	19·6	119·7	301·2	873	1,169	24·3	2,494	833	168	3·7	163	20
100.	1	25	67·9	1·6	19·0	473·5	408	1,532	32·6	2,425	289	138	4·0	214	12
101.	1	50	88·9	31·2	109·4	428·8	1,412	1,775	42·5	3,062	3,696	291	9·7	484	134
102.	1	45	48·2	6·0	34·1	334·8	381	980	22·7	1,849	363	149	4·2	181	13
103.	1	50	81·1	53·0	112·8	313·8	1,420	1,564	34·3	2,593	3,636	223	10·5	546	140
104.	1	73	49·1	27·1	34·1	296·1	423	1,004	20·5	1,699	769	76	4·5	224	21
105.	1	35	77·4	50·9	137·9	298·1	878	1,386	23·8	2,748	852	161	9·5	448	27
106.	1	105	50·5	12·1	18·8	289·6	306	1,026	23·4	1,538	311	113	3·9	147	6
107.	1	48	35·0	22·9	17·7	184·5	396	795	15·2	1,045	370	57	1·9	111	5
108.	1	25	76·0	63·4	78·0	252·4	1,017	1,300	26·6	1,994	2,545	215	12·3	576	110
109.	1	12	103·2	71·3	91·3	249·5	1,111	1,559	27·2	2,212	1,132	256	17·6	739	68
110.	1	120	66·6	27·3	38·8	360·1	453	1,339	28·0	2,059	507	126	6·3	324	26
111.	1		39·2	26·6	33·5	228·3	624	986	16·6	1,382	696	64	1·7	215	21

APPENDIX— (*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin µg.	Vita-min C mg.
112.	1	21	97·0	60·1	77·9	281·5	902	1,606	31·0	2,197	1,136	200	14·1	574	62
113.	1	17	71·2	8·8	70·3	401·7	751	1,408	37·3	2,533	1,509	245	6·9	269	57
114.	1	18	57·7	13·7	58·6	367·2	666	1,161	27·2	2,236	629	212	6·1	249	31
115.	1	180	57·0	14·2	69·8	384·9	881	1,232	33·6	2,410	1,722	213	5·3	156	39
116.	1	42	66·2	23·6	44·9	324·4	525	1,136	27·8	1,973	1,061	201	8·0	294	39
117.	1	52	67·2	11·5	63·3	374·4	872	1,516	36·4	2,344	1,470	173	4·3	173	41
118.	1	200	75·6	42·5	85·1	367·4	709	1,290	28·8	2,545	1,364	174	10·1	381	40
119.	1	66	67·3	37·9	93·3	321·1	665	1,175	23·5	2,399	599	196	8·7	352	26
120.	1	72	60·5	5·1	62·2	440·5	701	1,425	35·2	2,579	1,344	273	6·2	209	40
121.	1	17	75·5	29·3	35·6	408·3	765	1,361	29·8	2,258	2,245	208	9·1	469	80
122.	1	50	42·8	7·2	26·4	468·1	601	1,585	37·0	2,287	587	198	4·6	157	18
123.	1	34	35·9	12·3	57·5	236·5	712	767	23·4	1,614	2,247	156	3·6	156	76
124.	1		48·4	22·1	87·4	296·4	869	1,105	23·0	2,276	1,083	162	4·0	217	35
125.	1		44·5	21·3	98·6	245·2	943	1,004	19·9	2,050	998	206	3·9	237	43
126.	1	110	52·1	9·6	103·6	344·0	830	1,107	28·0	2,525	1,284	237	4·9	225	52
127.	1		56·8	32·2	85·0	285·2	879	1,143	22·2	2,145	1,218	173	5·6	280	35
128.	1		88·5	52·1	116·8	343·4	813	1,431	27·1	2,778	1,756	219	13·0	684	81
129.	1		37·8	0·0	119·7	254·9	686	792	24·1	2,247	1,794	244	4·6	256	92
130.	1	200	34·8	0·0	81·7	183·6	511	743	20·9	1,907	952	182	3·7	167	49
131.	1		44·9	0·0	113·9	343·1	545	903	23·0	2,587	977	219	5·1	260	51
132.	1		66·4	49·8	95·0	264·6	609	1,217	23·0	2,170	1,475	741	7·6	455	61
133.	1		85·4	34·7	163·2	410·0	851	1,559	34·1	3,447	1,442	578	10·4	530	72
134.	1	200	61·9	38·1	109·7	299·1	836	1,343	24·1	2,431	1,145	428	5·2	322	40
135.	1		41·9	12·2	70·9	213·6	813	951	22·5	1,960	1,777	209	4·3	343	87
136.	1		46·8	19·4	106·3	309·6	1,057	1,120	22·9	2,390	1,638	214	4·2	326	77
137.	1	30	55·1	33·9	74·4	337·3	1,450	1,754	24·9	2,257	1,919	212	4·6	294	56
138.	1	30	61·8	0·0	70·1	357·6	803	1,401	37·5	2,298	2,210	238	4·5	176	95
139.	1		65·7	26·8	82·8	334·1	1,350	1,534	28·0	2,360	1,592	203	4·2	250	31
140.	1	65	58·3	16·1	71·6	357·5	989	1,326	28·9	2,319	1,296	202	4·5	218	33
141.	1		88·5	45·2	113·2	371·1	1,560	1,816	30·9	2,862	1,615	248	9·2	441	53
142.	1	44	62·6	19·3	125·4	362·7	759	1,099	32·5	2,574	2,043	245	5·2	270	90
143.	1		85·5	12·7	155·9	460·4	1,691	1,760	48·3	3,590	3,326	446	8·6	282	117
144.	1		63·4	24·3	110·0	371·3	1,481	1,537	29·5	2,742	2,012	241	4·8	326	83
145.	1		64·3	35·3	113·3	336·2	1,643	1,580	25·6	2,638	2,037	217	4·5	379	66
146.	1	350	108·4	34·0	128·9	456·5	1,200	1,829	45·2	3,423	3,069	660	13·5	480	95
147.	1		98·0	62·4	122·5	289·4	988	1,472	24·8	2,647	896	240	15·2	596	34
148.	1		56·0	20·9	134·6	247·8	1,347	1,419	28·9	2,734	2,411	266	4·9	280	93
149.	1		73·4	24·5	107·6	388·6	1,756	1,786	35·5	2,826	3,106	290	5·5	404	120

APPENDIX—(*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin µg.	Vita-min C mg.
150.	1	400	50·0	4·4	18·9	336·2	555	1,224	26·6	1,915	550	213	5·1	215	21
151.	1	400	53·1	0·8	23·5	478·9	527	1,678	37·8	2,347	508	203	4·3	111	20
152.	1	425	62·2	5·3	25·3	397·6	630	1,263	29·0	2,080	620	226	5·4	214	20
153.	1	40	72·0	31·3	50·2	326·5	1,380	1,807	35·9	2,051	2,813	137	3·5	308	95
154.	1	100	84·7	27·5	57·8	371·6	766	1,586	36·2	2,347	1,089	233	8·6	302	35
155.	1	54	45·5	43·1	44·1	253·5	722	730	14·2	1,602	980	200	8·0	382	47
156.	1		57·7	27·0	34·8	275·1	574	1,040	26·2	1,649	1,038	181	6·8	227	36
157.	1	25	32·6	13·5	40·2	247·6	495	845	17·8	1,491	517	136	3·0	130	16
158.	1	175	45·4	2·2	22·9	372·6	389	1,311	29·2	1,886	379	158	3·5	94	9
159.	1	26	65·2	19·5	34·4	383·7	446	1,200	26·5	2,114	444	192	7·1	306	21
160.	1	200	98·2	32·4	59·8	485·0	838	1,796	37·8	2,878	694	247	11·2	417	25
161.	1	28	107·7	3·6	76·1	724·0	903	2,278	52·3	4,037	864	307	8·3	372	28
162.	1	28	42·4	25·9	37·6	207·1	714	993	18·3	1,348	1,122	90	1·9	181	28
163.	1		62·4	8·8	40·4	345·6	636	1,367	31·4	2,006	1,295	161	3·9	197	39
164.	1	63	42·4	5·2	23·9	343·4	464	1,050	23·5	1,769	535	187	4·4	179	18
165.	1	70	69·3	24·1	132·4	376·2	1,447	1,566	34·0	2,981	3,287	773	6·7	449	124
166.	1	130	116·6	59·9	107·3	315·6	1,601	1,903	37·1	2,683	3,303	823	17·4	730	118
167.	1	22	133·0	65 8	113·1	323·5	1,631	2,055	38·3	2,827	3,319	828	20·9	867	120
168.	1	70	42·8	18·9	47·9	258·5	879	986	28·4	1,641	3,218	182	3·8	321	128
169.	1		81·9	63·7	62·8	234·7	788	1,247	24·4	1,816	1,244	207	13·2	583	64
170.	1		78·3	64·2	97·3	254·2	1,152	1,379	26·4	2,193	2,593	233	11·0	582	100
171.	1	66	60·4	1·5	46·4	413·6	428	1,286	29·2	2,328	421	172	4·6	215	18
172.	1	46	60·3	1·3	54·6	443·0	478	1,286	30·4	2,623	953	239	6·0	233	30
173.	1	27	50·5	0·8	27·0	389·5	510	1,339	34·5	2,015	2,336	203	4·8	149	73
174.	1	37	55·7	7·0	37·5	399·4	682	1,486	33·4	2,166	816	202	4·1	143	29
175.	1	15	75·1	30·8	98·6	374·8	1,565	1,681	29·0	2,711	1,539	240	5·3	323	28
176.	1	16	29·9	5·0	18·0	201·9	368	564	13·0	1,117	395	151	3·5	142	15
177.	1	247	28·2	8·9	10·3	300·1	275	916	16·2	1,419	207	54	1·8	154	9
178.	1	62	67·9	3·2	70·3	420·2	633	1,423	33·7	2,597	713	322	6·5	182	23
179.	1	44	45·6	2·0	24·3	467·6	463	1,432	30·2	2,309	1,165	146	4·2	237	46
180.	1	11	43·0	7·4	18·4	294·4	416	879	24·3	1,529	2,390	236	5·7	196	74
181.	1	22	65·6	30·3	54·5	338·3	892	1,306	25·5	2,123	1,951	156	6·3	331	54
182.	1	23	72·2	11·5	71·7	383·9	1,127	1,460	37·7	2,490	3,462	380	7·9	137	104
183.	1	66	38·0	4·7	24·9	282·1	273	822	17·8	1,519	416	243	5·0	137	6
184.	1		41·0	11·7	25·9	282·1	286	872	18·1	1,539	420	248	5·7	157	6
185.	1	24	60·7	2·8	13·1	452·2	471	1,214	26·9	2,197	1,457	434	9·2	298	40
186.	1	32	28·6	13·6	27·1	346·9	534	1,051	21·2	1,767	1,288	147	3·8	238	48

APPENDIX—*(Contd.)*

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vita-min C mg.
187.	1	26	77·5	4·8	23·4	657·5	721	1,825	41·9	3,183	2,607	383	9·6	472	82
188.	1	11	43·6	10·1	33·1	425·0	615	1,255	28·1	2,192	1,793	216	5·8	308	58
189.	1	25	69·9	8·0	54·7	515·7	817	1,568	32·8	2,865	1,703	276	7·3	371	54
190.	1	14	82·6	12·0	55·2	506·1	1,023	1,789	42·2	2,874	2,559	211	5·8	289	69
191.	1	18	78·5	25·1	34·3	523·4	852	1,189	27·0	2,753	2,444	304	12·1	585	72
192.	1	34	56·3	17·6	84·3	427·7	1,299	1,864	40·6	2,705	2,974	253	4·6	216	106
193.	1	32	45·7	15·3	69·5	358·5	826	1,428	32·1	2,253	1,975	174	3·6	172	65
194.	1	17	36·2	31·8	34·5	342·5	427	1,308	27·7	1,832	1,221	101	4·2	135	33
195.	1	2	36·2	31·8	34·5	342·5	427	1,308	27·7	1,832	1,221	101	4·2	135	33
196.	1	41	103·9	24·8	94·4	456·5	1,067	1,921	50·5	3,091	3,065	317	11·2	349	105
197.	1		49·3	13·4	21·7	441·5	798	1,712	36·0	2,146	1,231	147	3·1	130	40
198.	1	88	19·2	3·6	13·1	407·4	261	1,430	27·9	1,835	588	70	0·9	52	16
199.	1	15	19·2	3·6	13·1	407·4	261	1,430	27·9	1,835	588	70	0·9	52	16
200.	1	7	37·0	1·9	29·5	335·3	450	1,252	30·6	1,762	1,993	129	3·0	143	71
201.	1	34	20·8	23·6	14·4	419·6	563	1,690	35·7	1,898	2,459	97	2·4	89	81
202.	1	28	37·6	68·4	38·0	144·0	1,084	938	9·6	1,079	1,095	63	2·6	299	27
203.	1	10	37·6	68·4	38·0	144·0	1,084	938	9·6	1,079	1,095	63	2·6	299	27
204.	1	29	20·3	40·4	15·5	321·9	330	1,213	24·2	1,514	1,089	81	3·1	121	38
205.	1	45	45·1	15·7	31·3	370·6	459	1,322	31·5	1,949	1,243	163	5·0	169	46
206.	1	139	54·0	6·3	24·3	384·8	720	1,499	43·5	1,977	3,318	216	5·2	123	108
207.	1	70	33·6	0·9	20·6	371·6	451	1,259	29·3	1,814	1,205	184	4·0	129	32
208.	1	23	52·8	5·3	34·7	347·6	677	1,229	35·9	1,923	3,007	188	4·5	172	97
209.	1	20	56·7	10·2	28·7	336·8	954	1,354	37·8	1,838	3,953	154	3·8	246	140
210.	1	15	56·3	7·3	62·8	328·8	523	1,185	33·7	2,110	2,155	150	4·3	160	74
211.	1	70	27·1	4·1	8·1	308·5	284	964	19·1	1,428	1,088	79	2·4	218	6
212.	1	42	36·4	12·1	53·3	578·8	565	1,991	37·1	2,955	696	169	3·9	220	26
213.	1	32	44·7	9·8	54·3	633·9	597	2,015	37·4	3,229	549	175	5·1	227	11
214.	1	160	69·4	5·2	44·0	593·2	631	2,042	50·0	3,063	1,482	303	7·4	141	34
215.	1	4	69·4	5·2	44·0	593·2	631	2,042	50·0	3,063	1,482	303	7·4	141	34
216.	1	14	21·1	0·0	6·9	548 3	264	1,976	37·2	2,354	904	54	1·5	58	28
217.	1	12	19·7	0·0	6·0	305·9	251	1,087	22·7	1,366	952	68	1·7	70	34
218.	1		107·4	9·0	38·7	551·8	1,320	1,932	80·7	2,991	5,148	578	13·9	275	152
219.	1	308	96·2	10·1	36·7	518·2	1,226	1,794	75·3	2,793	4,996	506	12·5	275	152
220.	1		91·2	10·6	35·8	475·3	1,172	1,726	71·3	2,593	4,888	474	11·7	275	152
221.	1	20	17·4	0·0	9·1	423·1	230	1,383	26·0	1,854	206	91	2·2	70	6

APPENDIX—(*Contd.*)

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vita-min C mg.
222.	1		45·4	48·0	56·7	326·3	496	1,238	23·9	2,001	938	189	8·0	277	39
223.	1		81·2	83·4	98·3	322·0	861	1,539	27·2	2,492	2,293	196	16·5	676	90
224.	1		62·9	29·7	85·5	431·8	1,943	1,899	39·5	2,760	3,582	389	7·1	355	128
225.	1		46·3	40·4	87·9	327·2	1,470	1,565	28·1	2,304	2,846	202	4·1	249	82
226.	1	258	67·7	37·1	113·3	415·0	2,142	2,018	37·9	2,966	3,571	359	6·5	362	113
227.	1		31·5	24·1	62·5	332·7	919	1,234	23·8	2,028	1,465	202	4·0	195	57
228.	1		65·9	32·2	70·1	381·5	1,732	1,790	35·3	2,436	2,741	330	6·5	288	72
229.	1		59·9	38·7	123·3	415·5	1,906	1,924	33·4	3,028	2,446	291	5·7	312	75
230.	1		56·9	25·1	88·7	386·8	1,965	1,768	44·9	2,581	6,057	366	6·8	339	217
231.	1	35	27·8	0·0	9·5	365·3	199	968	19·9	1,674	259	150	4·0	144	3
232.	1	18	25·2	0·0	9·1	347·1	222	902	18·4	1,586	248	126	3·6	150	6
233.	1	85	25·8	18·6	32·0	342·3	517	1,188	25·1	1,771	822	109	2·7	78	19
234.	1		29·4	4·1	23·8	333·5	398	1,009	23·1	1,677	463	175	4·1	104	11
235.	1	144	32·4	5·2	30·8	326·8	390	1,008	23·8	1,724	497	186	4·3	94	8
236.	1		27·8	0·0	38·7	329·4	311	960	22·7	1,787	388	166	4·0	91	8
237.	1	40	31·9	0·0	33·8	307·8	397	901	23·0	1,670	498	209	4·6	98	14
238.	1	14	24·0	0·0	6·7	264·6	186	846	18·0	1,226	228	126	3·0	69	...
239.	1	11	38·3	84·6	149·1	154·7	717	850	13·2	2,117	1,328	78	6·4	269	37
240.	1	6	12·4	0·0	4·5	294·0	84	887	14·6	1,280	38	42	1·6	92	...
241.	1	16	44·7	14·8	31·5	392·3	692	1,356	30·2	2,047	1,497	178	4·5	169	37
242.	1	24	41·9	0·0	11·6	438·7	212	1,465	28·4	2,041	119	85	2·6	126	2
243.	1	24	33·9	1·8	11·4	312·0	502	1,074	26·8	1,493	2,198	127	3·1	176	83
244.	1	16	24·0	12·5	16·1	459·3	320	1,578	31·0	2,091	1,158	104	3·3	122	37
245.	1	10	28·2	8·5	11·0	611·2	453	2,106	41·7	2,675	1,858	127	3·7	154	63
246.	1	10	41·4	4·6	12·5	360·0	444	1,104	29·2	1,732	1,499	212	5·6	143	41
247.	1	20	48·5	20·2	48·1	530·4	908	1,688	35·0	2,768	1,287	164	4·6	231	34
248.	1	85	85·0	18·8	88·0	556·9	1,286	2,034	37·0	3,393	1,626	280	7·2	377	33
249.	1	17	127·3	47·1	105·7	722·7	1,310	2,237	40·6	4,377	2,474	242	17·3	956	77
250.	1	33	59·1	28·3	86·6	526·5	1,367	1,910	36·0	3,145	2,171	243	5·8	355	63
251.	1	2	41·7	2·6	51·3	346·7	373	1,280	28·1	2,020	483	257	4·5	67	12
252.	1	41	32·6	10·7	14·7	324·5	220	1,154	23·5	1,565	355	180	4·0	115	13
253.	1	174	36·1	0·0	28·1	325·1	456	1,051	31·4	1,706	2,494	183	4·0	93	81
254.	1	36	47·6	0·0	36·4	366·9	338	1,377	33·2	1,990	366	160	3·2	25	4
255.	1	56	41·5	0·0	32·1	351·0	495	1,129	32·2	1,866	2,129	245	5·0	100	67
256.	1	100	59·8	0·0	21·8	491·1	536	1,663	41·1	2,406	1,551	594	9·8	155	39

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbohydrate g.	Calcium (Ca), mg.	Phosphorus (P) mg.	Iron (Fe) mg.	Calorific Value	Vitamin A (I.U.)	Thiamine (I.U.)	Nicotinic Acid mg.	Riboflavin μg.	Vitamin C mg.
257.	1	46	41·7	13·3	27·3	359·7	744	1,312	32·7	1,855	2,523	320	5·7	199	67
258.	1	45	42·0	11·2	24·2	338·7	494	1,311	35·4	1,746	2,902	103	3·5	117	94
259.	1	50	63·9	17·4	58·3	338·2	1,172	1,501	38·8	2,148	4,010	302	5·8	226	123
260.	1	25	52·8	0	39·1	326·1	657	1,168	37·8	1,875	3,576	302	5·8	165	123
261.	1	24	71·1	22·5	81·8	426·2	726	1,489	32·5	2,734	698	245	7·9	269	19
262.	1	12	63·6	13·8	88·6	423·2	1,020	1,600	36·2	2,757	2,088	220	5·1	264	71
263.	1	104	46·1	15·2	100·1	276·9	696	945	22·8	2,206	1,377	159	4·1	166	34
264.	1	34	68·1	16·9	65·4	346·8	642	1,251	33·5	2,255	1,755	222	7·1	221	55
265.	1	28	41·9	21·0	37·6	309·8	763	1,298	24·2	1,758	732	165	3·4	139	16
266.	1	50	42·1	13·8	72·1	340·4	634	1,044	24·6	2,191	1,331	153	4·0	213	40
267.	1	76	43·3	0	57·8	346·6	454	1,063	31·6	2,089	1,966	214	4·9	161	69
268.	1	31	50·7	2·2	26·4	323·7	595	1,134	33·0	1,741	2,320	300	5·5	116	75
269.	1	34	67·9	13·0	74·6	432·7	977	1,769	40·3	2,690	2,007	179	4·0	171	60
270.	1	384	102·6	12·9	36·5	496·0	1,059	1,701	50·6	2,734	2,730	505	13·2	318	80
271.	1	17	43·5	27·8	48·1	279·3	568	1,022	22·3	1,730	1,385	67	3·2	253	51
272.	1	61	48·5	4·9	25·2	338·6	274	1,072	25·7	1,789	914	343	6·6	130	20
273.	1	73	49·5	10·5	53·9	502·1	963	1,964	46·3	2,703	2,744	259	5·2	152	88
274.	1	100	48·3	13·7	26·0	300·3	605	1,138	23·2	1,639	564	144	3·3	141	9
275.	1	5	48·3	13·7	26·0	300·3	605	1,138	23·2	1,639	564	144	3·3	141	9
276.	1	58	63·7	4·1	25·5	439·0	550	1,373	34·3	2,257	754	346	7·6	151	5
277.	1	91	50·4	12·5	31·3	472·3	691	1,439	32·8	2,394	1,619	246	6·1	203	37
278.	1		66·4	10·5	152·4	378·9	1,081	1,478	35·6	3,156	1,065	287	5·3	171	44
279.	1		64·4	13·7	109·4	371·6	1,172	1,494	34·0	2,728	1,116	272	4·8	190	48
280.	1		57·2	30·8	113·2	357·8	1,445	1,553	29·7	2,692	2,143	202	4·2	258	65
281.	1		63·9	17·1	154·7	214·8	1,152	1,543	34·2	3,163	1,651	202	4·0	199	56
282.	1	400	54·8	14·2	105·6	351·5	877	1,274	27·2	2,584	809	186	4·0	195	30
283.	1		39·4	16·8	43·4	329·2	735	1,098	24·2	1,650	821	268	5·4	175	23
284.	1		72·1	55·8	117·4	233·9	473	1,120	21·2	2,278	615	133	9·5	316	7
285.	1		69·7	46·9	124·9	271·7	822	1,345	23·9	2,492	936	137	6·7	274	16
286.	1		37·4	23·5	111·4	319·3	750	822	10·9	2,453	646	145	4·2	342	28
287.	1	41	78·6	50·4	107·5	385·9	823	1,554	30·2	2,832	1,201	175	10·7	402	35
288.	1	31	21·3	0	21·2	415·1	634	1,473	36·2	1,943	2,849	154	3·2	108	105
289.	1	10	39·2	22·4	51·0	260·5	740	1,138	22·9	1,669	1,406	107	2·3	128	38
290.	1	201	75·0	33·5	103·5	353·3	828	1,509	35·4	2,640	2,192	258	8·1	365	83
291.	1	71	60·1	9·2	43·5	361·1	644	1,221	34·5	2,088	2,085	275	7·1	179	57
292.	1	12	35·9	6·7	31·4	397·7	296	1,283	25·1	2,030	274	152	4·1	149	8
293.	1	200	46·5	7·7	31·2	312·3	549	1,149	27·0	1,725	601	191	4·2	111	16

APPENDIX—*(Contd.)*

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin μg.	Vita-min C mg.
294.	1	40	54·3	10·1	45·0	364·7	833	1,224	32·0	2,091	2,503	280	5·9	247	86
295.	1	59	44·8	13·2	48·5	337·3	459	1,072	25·0	1,971	724	203	5·6	192	26
296.	1	30	26·8	6·7	21·5	380·5	301	1,242	26·9	1,837	963	111	3·2	105	29
297.	1	137	54·2	8·3	57·5	424·9	622	1,562	32·4	2,445	899	149	3·4	163	31
298.	1	129	52·4	5·3	38·0	349·3	468	1,202	28·3	1,959	1,355	418	7·5	130	32
299.	1	73	70·0	5·7	33·8	452·5	508	1,522	34·0	2,413	972	539	9·9	163	9
300.	1	18	68·3	4·4	33·4	458·2	339	1,571	37·5	2,415	513	327	6·8	111	8
301.	1	113	46·6	16·5	50·0	352·6	790	1,365	34·6	2,060	3,039	82	2·7	139	87
302.	1	60	88·4	21·0	61·4	461·5	935	1,844	45·9	2,759	2,272	387	10·4	295	65
303.	1	1,008	66·4	0·0	29·7	569·7	1,161	2,204	62·6	2,816	4,489	459	8·6	205	159
304.	1	171	76·0	55·5	88·4	318·2	911	1,480	33·9	2,371	2,998	236	12·2	482	106
305.	1	103	52·9	16·6	93·5	399·1	836	1,534	30·6	2,662	932	267	5·2	182	23
306.	1	212	108·0	52·8	89·3	443·2	1,149	2,027	39·2	3,011	2,623	346	15·7	626	82
307.	1	157	113·8	74·6	80·8	321·8	1,051	1,793	28·4	2,456	1,300	308	20·4	762	46
308.	1	17	60·2	58·2	92·3	289·2	884	1,333	25·1	2,231	1,973	183	8·4	356	57
309.	1	92	140·4	75·5	137·8	391·6	1,909	2,417	36·3	3,359	3,074	337	23·2	1,075	115
310.	1	574	47·1	27·0	90·4	378·7	1,161	1,541	28·2	2,524	1,135	265	4·6	200	39
311.	1	70	84·0	67·0	66·0	253·7	751	1,256	24·1	1,938	1,712	184	14·2	580	31
312.	1	278	88·6	67·7	118·4	371·9	1,035	1,842	31·4	2,899	937	259	15·1	543	37
313.	1		40·4	27·2	52·2	335·2	1,001	1,383	24·6	1,979	878	151	2·7	176	34
314.	1		46·6	21·2	68·6	382·7	1,118	1,549	32·3	2,342	1,849	201	3·7	188	67
315.	1	240	58·9	16·0	132·6	383·6	1,236	1,547	36·6	2,970	2,066	310	5·8	190	70
316.	1		46·4	22·8	69·7	366·3	1,033	1,550	30·6	2,286	1,161	174	3·1	149	39
317.	1		46·3	19·0	66·8	376·1	996	1,547	33·7	2,299	1,884	169	3·3	148	63
318.	1	97	39·5	12·2	13·8	343·5	355	1,183	28·1	1,662	987	133	4·0	155	34
319.	1	38	61·6	19·0	19·4	279·6	598	832	22·6	1,551	726	325	9·1	250	15
320.	1	31	63·2	55·4	66·1	319·6	1,115	1,516	26·7	2,130	2,065	152	6·7	383	58
321.	1	60	42·9	17·9	16·6	372·3	345	1,368	30·2	1,816	1,130	182	5·2	136	35
322.	1	162	46·8	12·6	20·8	353·7	553	1,317	34·3	1,794	2,099	225	5·8	143	69
323.	1	12	59·6	26·0	36·6	370·9	950	1,737	35·3	2,063	1,509	273	5·9	127	26
324.	1	38	37·9	28·0	25·6	346·5	844	1,477	29·5	1,782	2,057	163	3·4	134	53
325.	1	4	25·2	0·0	19·0	425·5	289	1,543	30·3	1,980	237	98	2·1	41	9
326.	1	84	53·8	8·7	21·3	379·7	429	1,379	32·7	1,930	623	289	6·4	138	17
327.	1	144	40·4	19·3	22·9	359·3	680	1,491	30·2	1,815	1,883	201	4·0	126	53
328.	1		65·1	12·3	27·6	380·7	692	1,540	42·0	2,035	2,364	374	8·1	117	69
329.	1	100	41·1	0	15·3	368·8	556	1,303	35·8	1,782	2,401	235	4·8	115	82
330.	1	40	36·1	5·0	9·3	310·1	314	1,228	28·9	1,474	1,128	176	3·5	46	32

APPENDIX—*(Contd.)*

BOMBAY

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
331.	1	46	43·7	27·0	11·4	363·1	399	1,091	23·2	1,740	656	192	6·9	257	23
332.	1	75	50·0	51·2	37·5	308·9	493	900	15·7	1,642	796	127	7·8	380	28
333.	1	126	27·7	12·6	13·3	233·4	281	752	14·7	1,172	322	148	4·0	159	16
334.	1	5	39·8	39·9	24·9	336·8	484	1,110	18·6	1,742	417	152	6·1	265	13
335.	33	179	99·8	15·4	63·0	634·9	804	1,979	48·6	3,528	1,710	393	12·3	410	48
336.	32	176	83·1	22·7	66·4	488·6	797	1,653	40·1	2,899	1,599	229	9·4	376	50
337.	28	137	99·4	12·5	70·0	662·1	880	2,032	49·4	3,702	1,763	425	12·3	426	51
338.	33	201	116·0	19·7	69·3	693·9	912	2,564	59·3	3,878	1,772	616	14·6	308	35
339.	34	246	90·1	18·3	54·1	559·0	761	1,803	42·6	3,105	1,548	339	10·9	373	42
340.	22	96	101·7	22·1	77·1	586·9	957	1,993	49·6	3,459	2,260	408	13·2	433	58
341.	17	*	96·3	1·2	25·4	650·1	459	2,437	59·1	3,227	1,930	961	15·0	27	25
342.	7	*	82·3	0·4	30·6	510·1	511	1,948	51·8	2,648	2,333	791	12·8	28	46
343.	9	55	76·0	3·3	101·4	492·8	500	1,530	34·6	3,213	917	589	11·2	216	8

CENTRAL PROVINCES (MADHYA PRADESH)

1.	24	104	30·2	0	5·1	196·3	352	746	26·7	956	2,746	342	4·9	...	...
2.	21	85	52·0	0	7·2	245·3	250	1,019	24·3	1,297	725	444	6·9	...	1
3.	21	87	87·1	0	9·5	260·2	589	1,128	26·6	1,480	1,168	531	9·1	63	2
4.	24	109	63·3	0	7·1	179·9	431	829	19·8	1,040	881	394	6·2	...	...
5.	1	73	65·3	3·4	21·5	416·8	383	1,477	31·0	2,119	412	264	9·9	101	23
6.	22	121	56·6	4·1	25·5	471·0	378	1,152	25·4	2,335	1,296	454	20·5	80	19
7.	4	176	99·4	31·6	78·4	486·1	845	2,172	42·1	2,999	3,093	383	18·7	855	57
8.	1	39	64·2	22·0	58·7	366·1	530	1,488	28·2	2,229	629	335	13·8	561	42
9.	20	107	70·0	2·6	21·6	418·4	369	1,687	38·6	2,154	985	638	9·8	102	27
10.	29	81	74·5	0·7	27·9	563·7	338	2,105	29·3	2,748	1,212	696	25·8	807	33
11.	11	63	101·0	2·9	29·5	684·9	363	2,574	37·8	3,363	890	938	30·4	784	5
12.	1	15	97·5	0·6	28·4	622·0	666	2,445	46·7	3,088	2,829	717	23·7	690	28
13.	14	63	175·5	0·2	23·8	752·1	1,018	3,288	72·1	3,913	2,096	731	16·1	206	3
14.	11	44	133·4	0·6	23·4	650·8	736	2,632	61·5	3,357	2,355	1,124	18·3	75	1
15.	10	52	124·4	4·5	47·1	744·7	880	2,979	76·1	3,915	4,205	1,210	19·8	86	4
16.	25	*	74·8	0·9	13·3	626·9	379	2,280	32·3	2,859	2,019	780	30·4	950	20
17.	31		73·8	1·8	7·5	609·5	365	2,222	31·3	2,737	1,905	761	29·9	925	18
18.	10	38	99·0	0·7	10·0	766·6	504	2,809	40·3	3,476	2,535	977	36·8	1,083	...
19.	10	46	167·7	0·1	30·7	1,061·0	1,153	4,070	108·7	5,138	6,958	1,545	26·7	182	3
20.	10	47	188·7	0·8	31·2	941·4	1,195	3,964	89·9	4,782	3,728	971	21·8	375	6

*Information not available.

APPENDIX—(*Contd.*)

COORG

Survey No.	No. of families or units	No. of persons	Total Protein g.	% of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nico-tinic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
1.	18	*	66·6	4·4	23·4	577·6	315	2,074	25·3	2,729	1,653	669	27·2	903	51
2.	26	*	72·0	14·2	26·8	575·7	376	2,075	25·4	2,779	1,244	655	27·2	928	42
3.	25	*	69·6	9·8	20·5	566·2	380	2,074	26·2	2,670	1,581	676	27·0	895	53

DELHI

1.	25	85	152·8	...	20·0	775·9	876	3,286	83·9	3,890	2,299	444	6·7	21	31
2.	10	45	99·8	6·3	33·4	529·2	871	2,273	52·6	2,823	2,241	521	9·9	72	36
3.	14	82	105·0	14·6	55·3	557·6	1,141	2,565	51·3	3,165	1,990	824	15·3	98	20

PUNJAB

1.	16	*	83·6	11·5	61·2	422·4	827	2,101	43·6	2,574	1,800	137	2·8	114	81
2.	19	*	92·8	17·9	68·6	451·8	839	2,282	47·6	2,796	1,519	128	5·0	219	63
3.	8	245	86·7	16·1	76·8	421·1	992	2,219	43·5	2,727	1,195	116	2·9	126	44
4.	8	*	101·1	6·2	31·8	514·8	591	2,401	53·7	2,747	770	156	3·4	94	17
5.	19	*	66·6	6·8	19·6	648·3	399	1,781	32·6	3,072	715	193	7·1	411	15
6.			33·6	12·5	14·2	717·1	480	2,629	44·5	3,153	398	140	3·1	106	5
7.	15	87	62·0	2·3	10·6	517·0	254	1,334	24·5	2,443	391	137	5·2	353	8
8.	15	80	85·4	5·7	24·9	624·7	538	1,847	35·1	3,099	821	191	6·5	402	16
9.	15	97	78·3	2·4	14·5	632·5	444	2,674	54·4	2,978	276	89	1·6	31	6
10.	15	108	104·0	2·8	27·6	736·6	551	3,108	64·6	3,614	341	115	2·4	73	8
11.	8	*	109·5	12·8	79·7	533·9	1,092	2,723	55·1	3,295	1,271	160	3·5	126	44
12.	19	*	55·9	3·9	19·3	686·1	380	1,924	33·2	3,176	560	178	5·8	28	11
13.	13		57·5	3·5	19·6	674·3	424	1,783	34·4	3,140	1,304	199	6·3	374	23
14.	30	156	97·7	1·7	58·5	524·5	535	2,299	52·7	3,015	684	183	2·9	49	16
15.			177·8	15·7	110·6	596·3	2,373	3,335	72·4	4,111	1,908	702	14·0	190	22
16.	30	139	211·7	19·9	145·9	669·2	3,156	4,019	80·9	4,864	1,992	799	16·8	257	19
17.			110.3	0·6	55·6	693·3	767	2,439	53·7	3,725	967	568	10·1	162	1
18.	*	130	73·6	20·5	68·2	663·3	854	2,419	41·5	3,583	413	241	80·0	338	4
19.			60·8	5·6	18·5	710·5	361	2,291	41·6	3,268	278	199	5·9	277	2
20.			65·8	39·7	238·0	695·7	1,477	2,561	40·0	5,226	365	116	6·5	333	4

*Information not available.

APPENDIX—*(Contd.)*

MADRAS

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin µg.	Vitamin C mg.
1.	22	125	90·2	7·3	44·3	844·1	1,222	2,422	62·7	4,146	2,286	865	17·3	74	37
2.	23	108	80·2	11·0	52·9	569·1	1,015	1,915	39·4	3,077	1,370	655	21·7	106	42
3.	23	238	93·4	11·3	54·1	612·8	1,497	2,506	50·9	3,311	2,575	790	19·2	111	58
4.	15	88	73·0	10·5	31·6	459·1	1,018	1,990	40·6	2,417	1,901	649	12·1	79	42
5.	16	96	64·4	...	22·0	452·4	708	1,835	35·9	2,264	1,503	708	10·8	19	26
6.	16	80	76·4	8·0	32·9	490·3	975	2,036	40·7	2,567	1,325	709	13·4	80	33
7.	15	59	39·5	7·3	9·5	300·6	401	973	20·9	1,447	2,593	380	11·5	41	30
8.	18	83	85·6	11·3	22·3	581·1	787	2,304	40·9	2,869	933	871	17·4	68	14
9.	13	*	59·6	11·4	19·1	323·5	511	1,309	24·9	2,294	642	521	20·8	58	17
10.	1	*	64·7	3·4	13·3	437·1	578	1,580	31·6	2,128	907	637	13·8	24	13
11.	15	*	64·4	25·5	16·1	373·1	516	1,525	26·1	1,896	562	567	14·1	92	9
12.	15	*	41·6	7·9	10·5	290·2	407	1,128	20·8	1,423	547	430	8·5	32	11
13.	12	*	54·3	11·8	16·6	339·6	563	1,394	27·8	1,727	1,325	527	10·5	52	27
14.	1	38	45·5	9·9	20·7	318·8	552	893	20·3	1,647	1,600	360	15·0	65	40
15.	18	60	40·4	4·2	12·6	294·3	394	967	20·7	1,453	637	372	11·0	28	18
16.	18	72	52·8	6·8	14·9	358·8	538	1,553	26·7	1,782	642	583	8·1	21	4
17.	1	*	71·5	13·7	33·3	439·2	1,133	2,067	35·2	2,351	1,214	664	9·4	77	14
18.	12	62	75·7	23·6	46·1	432·7	1,511	2,246	36·1	2,460	2,497	658	8·5	120	32
19.	9	35	113·9	5·5	48·8	477·8	1,335	2,218	53·8	2,651	2,554	871	14·9	63	38
20.	13	56	46·2	...	18·0	311·6	563	1,346	27·5	1,595	1,421	509	6·3	19	27
21.	15	83	74·5	18·5	38·4	451·7	1,270	2,238	35·5	2,470	2,063	719	9·2	92	24
22.	28	*	51·8	16·8	25·7	416·0	444	1,066	22·2	2,103	579	381	19·8	90	28
23.	22	*	59·4	17·7	36·4	482·2	628	1,247	25·3	2,494	1,023	451	23·7	117	42
24.	14	56	25·0	3·6	10·4	223·7	252	570	13·6	1,084	912	211	9·9	32	29
25.	13	83	40·9	13·9	29·6	330·0	400	901	19·2	1,762	618	301	14·8	73	29
26.	15	73	21·9	2·7	6·4	205·5	170	500	11·2	967	495	202	9·2	13	14
27.	15	70	28·2	8·5	3·0	279·6	163	573	11·6	1,256	688	271	14·2	38	23
28.	13	64	37·9	22·4	10·9	321·4	215	711	14·2	1,533	887	313	17·7	66	27
29.	14	73	29·7	8·8	10·1	284·3	194	621	12·5	1,345	279	264	14·1	37	16
30.	48	101	35·9	5·6	4·0	386·3	162	787	14·0	1,725	235	354	18·9	20	9
31.	16	81	23·3	5·2	2·5	257·3	104	515	9·1	1,145	212	234	12·5	11	6
32.	10	31	22·9	3·9	2·5	256·0	107	505	9·3	1,139	205	226	12·6	11	8
33.	14	32	38·7	2·3	6·8	372·1	356	1,001	21·3	1,707	1,581	424	15·1	24	37
34.	12	20	44·3	4·7	14·4	382·3	340	1,124	20·2	1,834	370	457	14·4	25	9
35.	56	108	77·5	25·5	29·7	587·9	456	900	19·0	1,224	2,045	340	10·5	114	42
36.	18	87	62·9	6·2	31·4	609·4	426	1,348	21·8	2,811	363	621	28·9	78	21
37.	18	122	57·6	13·5	27·9	517·2	545	1,298	19·3	2,553	473	539	23·8	66	20

*Information not available.

APPENDIX—(*Contd.*)

MADRAS

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
38.	16	103	31·9	28·2	30·0	251·4	522	727	12·9	1,406	789	229	11·0	79	20
39.	16	77	87·0	7·6	41·9	696·1	1,032	2,404	43·3	3,513	1,829	915	20·9	83	35
40.	16	93	33·1	17·5	28·6	291·3	466	734	16·0	1,559	1,250	266	12·8	69	33
41.	14	64	41·8	1·4	11·4	372·0	306	1,087	19·0	1,758	336	455	13·7	14	6
42.	15	79	38·1	2·6	14·9	326·0	257	874	16·6	1,513	266	371	13·6	13	6
43.	14	57	41·2	23·1	15·2	321·5	230	783	14·4	1,587	200	324	17·5	72	14
44.	15	69	46·6	4·9	13·9	433·5	352	1,063	21·8	2,046	573	389	19·2	43	24
45.	14	56	55·1	...	14·1	428·3	543	1,661	29·1	2,063	656	642	10·4	8	6
46.	47	82	31·6	7·6	4·2	306·3	170	696	12·9	1,389	283	294	14·4	25	10
47.	46	91	39·5	3·3	4·6	422·7	294	876	16·0	1,892	418	437	20·7	149	57
48.	18	53	50·2	9·8	15·3	430·0	372	981	22·1	2,056	1,257	440	22·0	81	45
49.	16	53	38·4	...	4·9	441·7	207	877	16·3	1,960	181	387	21·3	24	15
50.	13	70	50·7	2·4	15·3	382·7	168	1,470	27·5	1,876	944	575	10·2	28	18
51.	14	93	46·3	16·6	9·4	362·8	322	1,110	18·7	1,721	339	447	15·1	59	11
52.	22	255	89·5	1·5	32·2	560·0	996	2,399	47·5	2,893	1,397	899	13·2	26	19
53.	21	158	72·6	3·7	32·6	508·3	847	1,968	39·3	2,621	1,100	721	13·3	44	20
54.	16	83	91·8	8·5	27·9	562·5	910	2,296	45·6	2,872	1,852	901	16·6	77	35
55.	14	92	58·9	2·7	15·6	403·7	630	1,652	34·3	1,993	707	474	9·5	43	24
56.	15	88	82·7	3·6	22·8	578·2	870	2,453	44·1	2,850	1,050	912	13·0	26	11
57.	12	55	65·9	8·8	17·1	394·6	800	1,751	38·3	1,999	2,700	658	10·2	61	55
58.	14		56·8	5·3	15·1	354·5	646	1,561	31·5	1,782	1,423	583	8·3	31	26
59.	14	*	40·6	10·3	17·4	267·5	463	993	20·4	1,389	523	358	8·8	46	14
60.	13	80	37·7	34·5	37·8	248·0	379	671	15·2	1,485	526	253	13·4	153	40
61.	12	64	51·7	24·0	19·8	436·4	473	1,062	18·3	2,132	1,037	412	22·7	92	29
62.	30	133	31·3	18·8	16·4	265·2	158	612	9·7	1,332	113	259	12·2	53	9
63.	34	*	110·5	5·4	27·4	830·3	821	2,819	48·7	4,010	930	1,179	27·5	44	6
64.	35	*	96·3	7·5	75·7	853·4	483	2,169	36·4	4,480	461	979	37·3	56	8
65.	30	*	71·9	18·4	19·6	515·7	371	1,460	25·2	2,527	340	622	24·1	88	9
66.	1		70·2	3·8	42·4	523·1	523	1,826	32·0	2,753	587	731	16·1	13	...
67.	15	79	75·5	19·9	23·0	439·0	806	1,884	34·9	2,265	889	650	14·9	98	18
68.	12	80	70·0	3·7	9·2	518·7	299	1,628	33·3	2,436	182	357	15·3	20	4
69.	15	112	68·0	...	21·6	512·9	702	1,756	38·6	2,517	772	537	16·5	59	36
70.	14	68	44·1	20·4	10·1	282·1	342	1,047	18·7	1,396	365	380	10·7	60	9
71.	15	83	62·0	1·5	14·9	500·3	648	1,731	34·4	2,382	1,622	666	15·6	28	33
72.	18	94	55·9	24·0	13·4	379·6	309	1,191	22·4	1,863	253	345	16·4	84	11
73.	15	65	55·2	10·1	24·1	358·2	583	1,542	28·6	1,871	687	556	9·3	41	12
74.	1	179	67·5	9·2	27·2	453·4	589	1,354	30·1	2,327	881	549	20·2	76	30

APPENDIX—*(Contd.)*

MADRAS

Survey No.	No. of families or units	No. of persons	Total Protein g.	% of Animal Protein	Fat g.	Carbohydrate g.	Calcium (Ca) mg.	Phosphorus (P) mg.	Iron (Fe) mg.	Calorific Value	Vitamin A (I.U.)	Thiamine (I.U.)	Nicotinic Acid mg.	Riboflavin μg.	Vitamin C mg.
75.	30	*	55·2	18·3	13·8	350·6	468	1,403	24·2	1,749	528	530	11·7	61	7
76.	29	98	67·5	24·0	20·6	373·9	615	1,576	29·5	1,952	680	562	9·7	103	16
77.	13	*	47·5	22·9	10·7	326·3	448	920	22·4	1,590	1,361	374	15·9	85	39
78.	14	81	59·5	2·0	15·1	418·7	601	1,719	31·1	2,053	724	666	9·8	19	8
79.	15	93	72·5	4·8	24·0	473·8	1,044	1,856	48·3	2,501	3,476	563	14·0	68	84
80.	15	91	81·9	12·6	28·1	497·8	1,083	2,141	47·4	2,575	2,536	706	15·0	103	64
81.	13	65	58·6	2·4	60·0	414·6	717	1,726	32·7	2,437	720	410	22·0	32	24
82.	15	60	51·1	5·9	22·0	363·2	551	1,424	27·8	1,857	840	513	10·0	39	20
83.	11	73	31·0	...	7·6	255·1	314	889	16·7	1,212	477	338	7·7	9	10
84.	14	59	46·6	2·1	18·7	332·0	542	1,387	26·5	1,686	1,020	519	7·7	25	20
85.	15	88	40·4	...	10·5	382·7	235	974	19·3	1,786	975	375	14·9	15	23
86.	14	79	41·1	4·4	7·5	387·3	285	957	21·6	1,781	2,000	364	16·2	32	47
87.	15	76	31·9	1·9	7·4	264·2	221	769	16·5	1,250	970	140	9·3	25	25
88.	14	74	53·1	14·5	24·1	459·9	516	1,141	20·2	2,272	486	456	21·2	96	23
89.	15	88	46·0	13·0	22·2	418·7	415	762	18·6	2,059	508	395	19·9	81	24
90.	15	69	51·2	15·6	29·8	439·1	490	1,049	20·7	2,230	481	418	21·0	105	28
91.	10	*	49·3	2·6	38·0	452·1	491	1,060	24·2	2,348	945	437	21·3	81	45
92.	15	64	41·9	5·7	13·6	444·5	321	285	16·8	2,066	676	418	21·3	56	27
93.	15	81	39·4	13·5	23·9	366·5	370	838	16·3	1,841	718	339	17·4	57	22
94.	16	70	52·5	2·9	21·5	505·6	441	1,192	26·4	2,427	1,924	523	23·0	78	62
95.	15	73	23·2	12·9	5·3	240·2	104	481	8·5	1,102	294	220	12·5	28	12
96.	13	80	24·9	...	2·5	264·0	166	533	11·0	1,177	610	263	12·9	46	27
97.	15	71	33·9	13·9	9·9	314·4	312	731	17·2	1,484	1,116	290	16·3	59	39
98.	15	158	36·6	6·8	12·6	366·9	251	787	14·8	1,729	515	354	17·5	48	20
99.	15	98	38·2	7·9	17·9	232·0	267	797	15·6	1,828	388	353	18·0	49	18
100.	15	94	45·2	8·4	25·3	422·1	486	979	21·7	2,101	1,641	415	19·3	80	50
101.	15	88	21·7	6·0	5·1	235·2	99	470	8·5	1,075	187	216	11·6	17	9
102.	15	74	16·9	6·5	1·4	192·3	47	364	5·8	849	24	172	9·7	9	2
103.	14	48	28·2	10·6	3·3	294·7	123	591	10·4	1,319	96	265	14·8	28	8
104.	16	101	37·9	13·7	14·7	400·4	295	870	13·9	1,890	241	362	19·7	57	14
105.	15	81	36·0	19·4	16·2	317·1	317	731	15·0	1,558	1,119	303	16·4	69	33
106.	14	97	45·6	34·4	7·8	339·9	219	820	13·9	1,612	313	334	20·1	99	15
107.	16	104	18·8	8·5	4·9	202·9	78	403	6·9	931	56	182	10·2	17	5
108.	14	71	28·1	3·9	13·1	283·4	277	618	14·2	1,362	1,153	277	13·9	64	43
109.	13	86	46·6	14·6	26·0	439·6	526	1,061	18·3	2,180	794	408	21·3	100	35
110.	15	96	28·4	13·4	12·7	286·2	217	646	10·4	1,373	172	241	12·6	38	7
111.	15	72	51·8	19·1	38·0	379·9	666	1,117	22·8	2,070	1,209	391	16·8	84	28

*Information not available.

APPENDIX—(*Contd.*)

MADRAS

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
112.	15	97	52·9	12·3	15·8	365·9	487	1,433	25·4	1,820	888	558	10·6	48	14
113.	15	101	47·1	7·4	11·1	352·1	459	1,303	24·5	1,698	1,295	513	10·6	28	23
114.	12	54	58·2	16·2	15·6	351·2	646	1,564	31·0	1,780	2,222	589	9·8	69	43
115.	12	48	52·2	28·2	13·7	419·1	320	958	20·0	2,005	1,551	410	24·1	104	44
116.	13	42	36·4	8·5	5·0	347·4	201	871	14·5	1,585	191	373	15·3	23	5
117.	10	130	42·0	...	10·3	401·1	395	898	23·2	1,862	2,441	401	18·6	91	79
118.	10	73	51·8	21·2	81·6	392·0	849	1,173	21·7	2,520	815	352	16·2	125	29
119.	11	69	76·6	4·2	15·2	808·5	537	1,645	36·4	3,674	2,791	754	40·1	83	82
120.	13	67	46·5	11·4	17·0	408·4	338	950	18·1	1,973	519	396	20·1	64	23
121.	15	93	44·1	15·6	52·9	312·2	659	1,039	20·2	1,907	648	312	12·2	53	13
122.	18	85	29·6	6·1	19·9	266·1	220	678	12·2	1,363	213	277	11·4	32	10
123.	15	73	56·6	1·1	16·0	478·4	391	1,459	28·6	2,284	377	438	15·7	32	16
124.	15	74	39·3	15·8	27·9	300·9	477	918	16·5	1,612	467	320	12·6	64	15
125.	15	81	62·5	1·0	17·3	448·2	689	1,869	34·5	2,201	834	692	10·1	17	12
126.	13	95	51·2	19·5	40·5	385·8	764	1,115	21·5	2,138	1,847	394	17·9	108	47
127.	12	85	55·6	18·2	24·3	463·6	444	1,122	19·2	2,293	498	468	23·4	101	23
128.	16	87	69·3	2·0	20·4	599·8	592	1,888	33·4	2,859	678	769	20·7	56	23
129.	16	64	56·2	19·4	22·4	496·2	468	1,169	19·3	2,412	540	477	25·1	112	27
130.	15	102	52·6	12·2	19·2	498·4	397	1,110	19·4	2,378	475	476	24·6	82	24
131.	14	106	61·5	23·9	14·3	507·8	341	1,184	22·0	2,404	476	483	27·8	98	22
132.	14	76	45·5	13·6	18·3	382·0	406	1,031	18·4	1,875	337	311	15·6	66	14
133.	15	91	39·2	4·1	22·4	326·9	329	961	18·2	1,666	391	336	11·9	56	21
134.	15	94	45·2	9·3	18·8	416·4	387	1,001	18·8	2,020	362	382	18·1	63	18
135.	15	88	91·4	7·0	27·3	588·6	691	2,363	48·7	2,966	1,157	549	12·9	89	37
136.	15	108	52·8	9·8	22·2	440·8	534	1,213	23·8	2,175	534	443	19·2	74	25
137.	13	72	44·8	2·0	13·9	460·8	371	1,083	20·9	2,148	442	448	20·9	66	31
138.	15	78	48·1	9·1	21·2	462·3	371	1,058	19·0	2,235	340	431	21·2	65	19
139.	14	97	56·5	12·2	30·8	483·7	661	1,239	25·5	2,437	1,491	457	22·2	97	47
140.	14	87	57·6	15·5	13·7	380·2	407	1,238	23·2	1,876	428	505	16·3	65	11
141.	15	90	77·2	7·3	33·3	573·6	911	2,081	36·9	2,908	1,002	780	16·9	68	17
142.	14	91	80·4	6·3	37·1	607·9	922	2,208	38·4	3,093	1,054	841	18·3	81	24
143.	16	92	67·2	2·7	21·1	526·7	635	1,856	33·0	2,567	749	751	16·2	72	26
144.	15	72	52·8	3·8	19·7	445·4	485	1,375	24·3	2,173	514	539	16·2	21	8
145.	15	87	67·9	9·1	37·7	504·1	842	1,816	31·4	2,633	893	659	16·1	74	19
146.	15	102	49·0	2·0	9·6	384·0	403	1,268	23·4	1,820	662	523	12·8	13	9
147.	15	67	63·7	11·3	28·1	571·6	528	1,328	24·8	2,794	750	553	28·0	88	30
148.	15	71	60·9	24·6	73·7	448·9	949	1,337	24·1	2,712	1,206	420	20·0	139	33

APPENDIX—(*Contd.*)

MADRAS

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
149.	15	69	76·4	23·8	58·4	594·6	902	1,563	30·0	3,215	1,071	558	28·2	173	40
150.	14	55	57·8	14·0	29·8	507·6	522	1,209	22·2	2,531	833	483	24·5	78	25
151.	15	76	53·9	27·8	62·8	422·9	885	1,212	22·8	2,479	1,508	385	18·1	138	39
152.	16	58	68·9	19·6	67·0	547·5	930	1,504	27·0	3,076	942	513	24·7	130	29
153.	14	65	48·4	11·2	8·7	504·5	210	1,019	17·7	2,289	159	455	25·9	52	15
154.	15	62	47·9	7·5	12·6	507·0	247	1,033	19·1	2,332	317	455	25·5	46	20
155.	14	94	21·8	8·3	6·7	225·1	120	461	8·7	1,047	376	213	11·2	25	13
156.	13	70	28·5	26·3	13·0	267·8	281	587	12·1	1,305	1,006	237	13·3	67	28
157.	14	116	55·9	26·8	25·7	481·5	554	1,129	25·5	2,381	1,626	429	22·7	121	45
158.	12	71	41·0	11·7	7·6	390·6	177	864	14·7	1,792	468	406	19·2	40	13
159.	32	274	52·5	1·1	25·7	437·0	384	1,296	23·6	2,190	752	571	16·2	28	16
160.	25	129	53·0	2·3	21·5	474·1	346	1,229	22·3	2,302	692	570	19·9	58	25
161.	16	90	39·8	...	14·2	434·4	145	834	14·0	2,023	117	427	21·1	45	16
162.	14	83	43·3	23·6	21·1	349·0	263	794	14·3	1,758	875	367	19·2	95	32
163.	34	*	57·4	22·6	47·4	526·2	653	1,292	17·3	2,766	642	492	25·5	117	20
164.	16	62	52·3	12·0	47·4	527·9	451	1,158	18·0	2,747	805	501	25·6	80	26
165.	25	144	46·1	18·0	25·2	386·5	437	924	17·5	1,959	1,473	401	19·7	89	41
166.	20	110	36·5	14·8	3·3	377·1	115	733	11·7	1,683	282	359	19·8	53	15

ORISSA

1.			62·8	0·8	5·7	544·1	334	2,004	27·3	2,422	2,173	647	26·3	841	60
2.			58·6	1·0	5·2	494·1	382	1,856	29·8	2,205	3,711	580	24·6	794	97
3.	72	309	55·9	0·5	6·1	476·0	386	1,767	25·9	2,135	2,352	577	22·6	729	66
4.			69·7	1·0	6·2	603·3	339	2,229	30·6	2,684	2,717	708	29·7	956	74
5.			54·0	0·7	5·1	457·3	455	1,760	27·2	2,046	2,697	563	21·3	673	72
6.			60·6	0·7	5·4	535·1	320	1,963	20·2	2,375	2,006	637	25·8	835	58
7.			62·2	0·2	8·3	482·7	239	1,797	22·3	2,209	378	591	23·0	690	11
8.	63	*	62·0	6·0	15·8	479·3	387	1,848	25·2	2,260	1,566	576	23·1	781	58
9.	63	*	60·8	7·1	12·8	475·4	366	1,818	24·3	2,212	1,495	577	23·2	783	55
10.			70·7	13·0	33·2	463·5	570	1,931	30·6	2,394	2,204	551	21·9	774	85
11.			56·6	14·1	13·0	406·3	253	1,609	20·3	1,926	1,009	500	21·4	626	31
12.	33	163	72·3	4·7	10·3	598·3	341	2,229	25·6	2,716	562	736	29·3	986	39
13.			64·1	9·8	10·4	508·4	296	1,938	22·2	2,332	601	627	25·7	862	34

* Information not available.

APPENDIX—(*Contd.*)

ORISSA

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicotinic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
14.			94·2	20·2	33·6	506·9	594	2,270	33·4	2,669	554	593	23·9	750	27
15.			101·8	19·8	21·1	670·9	480	2,757	34·0	3,213	1,318	839	36·4	1,146	41
16.			80·3	9·0	28·8	564·3	507	2,232	29·4	2,782	1,198	699	27·6	873	36
17.		*	83·3	18·2	29·8	541·4	547	2,240	28·6	2,709	1,326	674	28·1	907	40
18.			90·5	15·6	44·6	578·3	752	2,392	33·5	3,068	824	682	26·7	887	45
19.			91·4	12·6	31·8	610·5	736	2,495	33·1	2,735	1,134	749	29·3	953	43
20.			88·2	26·1	24·7	544·3	384	2,321	27·5	2,698	614	671	30·3	960	25
21.			86·7	15·2	30·1	608·2	469	2,417	31·7	2,987	1,310	733	30·8	987	43
22.	167		79·5	6·7	15·2	585·4	407	2,234	31·7	2,739	1,927	705	28·8	879	48
23.			93·6	15·2	30·1	633·1	596	2,550	33·9	3,118	1,114	744	30·7	970	36
24.			87·8	7·4	30·1	630·7	628	2,476	34·9	3,085	1,996	775	30·4	985	66
25.			79·2	7·2	22·0	565·0	475	2,202	30.1	2,718	1,740	701	27·7	872	43
26.		*	69·8	10·7	11·6	552·6	434	2,064	28.2	2,544	1,497	664	26·7	836	44
27.			68·0	9·6	11·0	497·8	435	1,961	29.3	2,312	2,651	612	25·5	812	73
28.			53·8	8·0	17·4	419·8	299	1,605	22.6	2,009	1,910	498	21·0	672	46
29.			77·7	9·9	14·9	595·4	354	2,289	26.5	2,768	587	737	30·1	990	33
30.			65·1	7·2	12·1	513·8	280	1,950	24.2	2,371	1,256	619	24·8	821	38
31.			101·4	20·5	62·5	594·5	1,072	2,611	38.8	3,293	2,001	732	28·6	979	79
32.			97·7	2·4	23·6	749·7	679	2,820	41.2	3,518	3,442	911	35·3	1,150	93
33.			74·2	5·8	25·1	558·3	474	2,143	30.2	2,701	2,056	693	27·2	909	69
34.			73·2	1·5	13·3	582·6	471	2,189	31.7	2,676	2,991	710	28·0	929	82
35.	102		87·2	0·1	12·7	718·3	380	2,646	34·5	3,262	1,921	858	34·4	1,076	51
36.		*	72·5	5·7	12·2	561·7	325	2,139	27.2	2,589	1,301	680	27·9	869	37
37.			40·9	3·7	4·0	316·4	357	1,232	22.6	1,430	3,384	379	15·9	533	91
38.			65·8	0·9	8·8	537·7	435	2.008	30.4	2,427	3,434	644	25·9	862	89
39.			71·9	...	8·6	595·3	330	2,195	29.9	2,683	2,112	708	28·8	897	53
40.			54·2	3·1	5·8	445·9	304	1,674	24.5	2,001	2,594	528	22·2	713	66
41.			75·3	7·4	20·9	584·6	415	2,236	29.0	2,771	1,395	698	28·4	929	49
42.			75·4	5·4	12·4	613·4	319	2,301	27.9	2,802	1,175	739	30·5	978	40
43.	118		62·1	2·3	6·4	530·5	293	1,957	25·3	2,372	1,704	632	25·8	828	49
44.		*	66·0	5·5	8·8	552·2	283	2,066	25·9	2,494	1,667	657	27·6	894	50
45.			46·8	2·4	4·5	403·2	305	1,500	21.6	1,796	2,163	482	19·6	637	59
46.		*	97·7	7·0	63·1	595·8	764	2,358	41·5	3,303	1,448	700	24·4	777	63
47.		*	104·6	13·7	31·4	582·9	684	2,526	40.5	2,988	1,598	719	27·7	848	56

*Information not available.

APPENDIX—*(Contd.)*

ORISSA

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin µg.	Vitamin C mg.
48.	*	*	74·9	3·2	14·7	494·6	482	1,952	28·7	2,368	703	623	22·3	703	35
49.	*	*	88·2	7·1	27·9	502·2	566	2,116	34·5	2,579	442	593	20·7	630	28
50.	*	*	91·9	0·4	32·1	590·3	599	2,323	34·2	2,970	549	782	26·8	812	30
51.	*	*	83·3	5·3	24·9	505·7	604	2,072	31·8	2,542	477	640	22·0	710	38
52.	*	*	87·9	3·9	15·3	567·0	617	2,255	32·7	2,708	621	752	26·2	854	47
53.	*	*	98·7	3·1	26·4	630·2	696	2,509	36·4	3,100	694	831	29·0	900	37
54.	*	*	91·9	0·2	16·9	600·6	656	2,350	34·7	2,874	571	803	27·0	865	44
55.	*	*	107·4	25·0	32·8	603·2	684	2,647	34·0	3,082	601	816	33·5	1,121	50
56.	*	*	80·8	9·7	25·8	516·3	634	2,100	29·8	2,579	629	666	23·8	821	49
57.	*	*	93·0	12·8	44·9	542·5	808	2,295	34·6	2,908	592	671	24·0	795	44
58.	*	*	80·9	6·7	26·3	506·5	564	2,042	30·2	2,547	805	673	24·0	767	43

WEST BENGAL

1.	5	48	90·5	46·2	84·4	369·4	865	1,798	24·7	2,487	2,676	293	11·1	829	165
2.	7	*	70·7	13·3	74·4	375·5	718	1,666	31·4	2,442	1,361	198	3·1	523	100
3.			98·2	10·2	34·4	706·4	750	2,822	42·6	3,455	5,151	953	34·1	1,189	187
4.			90·1	7·5	29·3	676·2	625	2,629	39·1	3,261	4,545	895	32·5	1,091	159
5.			77·9	6·7	23·9	583·6	541	2,271	34·5	2,802	4,353	777	28·2	936	143
6.	350	1,976	88·2	9·8	31·0	650·9	636	2,549	38·2	3,131	4,311	858	31·0	1,064	158
7.			86·7	7·2	31·0	655·5	641	2,529	38·8	3,181	4,798	863	31·3	1,062	161
8.			90·0	8·0	28·9	656·2	601	2,600	37·4	3,175	4,000	887	31·6	1,074	156
9.			89·1	8·1	25·2	665·8	619	2,603	38·9	3,179	4,730	881	32·3	1,081	158
10.	10	70	84·5	15·5	28·2	585·1	414	2,438	27·7	2,868	1,250	775	29·6	1,020	89
11.	40	*	70·5	5·8	15·2	586·3	216	2,223	24·7	2,702	894	739	29·1	922	61

BHOPAL

1.	17	96	84·1	6·4	25·5	435·8	432	1,934	43·7	2,303	562	156	4·5	136	12
2.	37	963	51·1	12·5	25·3	275·9	367	1,175	28·1	1,533	1,096	228	6·2	169	11

*Information not available.

APPENDIX—(*Contd.*)

HYDERABAD

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
1.	38		75·2	1·5	14·3	504·2	260	1,912	45·2	2,458	1,181	804	12·6	18	4
2.	105		86·6	3·5	23·1	562·2	337	2,152	50·1	2,815	1,209	892	14·6	41	3
3.	31	198	81·9	7·7	40·1	628·1	512	1,636	31·1	3,224	847	501	15·2	608	16
4.	105	316	91·0	5·6	24·3	578·0	435	2,251	51·3	2,911	1,223	914	15·3	55	3
5.	47	212	90·5	12·4	46·9	526·7	871	2,144	45·4	2,897	1,276	750	13·9	112	7
6.	28		89·3	4·6	36·5	578·4	477	2,193	51·6	3,007	1,461	816	13·9	74	11
7.	7		71·1	14·1	61·0	402·3	954	1,680	47·1	2,589	2,070	288	6·8	139	37
8.	23	164	98·0	3·2	27·9	620·5	387	2,363	55·2	3,140	1,209	975	16·2	51	...
9.	50	330	101·4	3·4	34·1	638·6	553	2,441	58·1	3,283	1,600	968	16·0	49	8
10.	81	475	109·6	5·6	42·7	686·7	662	2,625	60·3	3,585	1,483	1,004	17·2	78	6
11.	22		69·7	1·0	16·8	545·8	466	1,455	39·0	2,632	2,298	552	13·5	440	31
12.	101	561	58·7	5·8	18·7	487·8	748	1,679	30·3	2,373	455	524	9·6	289	1
13.	38	331	82·0	9·8	39·1	572·0	552	1,826	35·4	2,987	731	638	14·8	364	4
14.	11	57	35·7	13·2	19·7	320·8	389	1,397	17·5	1,618	624	48	5·3	308	11
15.	12	73	32·8	4·0	11·2	334·8	1,363	1,146	23·1	1,568	729	561	5·3	72	11
16.	9	46	62·3	0·2	13·7	397·1	277	1,498	37·0	1,963	1,313	637	10·1	40	13
17.	118	551	51·9	3·7	14·1	445·2	609	1,384	27·0	2,130	736	436	9·1	321	7
18.	16	105	56·4	8·3	23·6	461·4	751	1,458	28·4	2,302	939	437	9·8	352	11
19.	25	91	56·7	3·5	10·6	516·9	242	1,084	18·7	2,411	385	338	12·2	624	7
20.	43	212	63·2	8·7	17·1	546·6	428	1,300	21·0	2,617	333	384	13·1	634	5
21.	50	283	62·9	5·4	23·1	541·7	539	1,423	25·1	2,645	585	441	11·9	521	9
22.	15	87	73·0	6·2	32·3	585·8	577	1,527	27·8	2,947	582	454	13·3	592	9
23.	9	61	75·7	6·9	35·7	626·5	590	1,519	26·6	3,153	688	458	14·8	674	13
24.	7	50	77·1	10·5	49·4	596·5	602	1,549	28·1	3,159	725	412	14·0	633	17
25.	113	586	59·9	5·7	15·8	527·0	394	1,252	21·3	2,510	423	384	12·2	582	7
26.	66	238	69·8	10·6	22·9	599·1	278	1,225	21·8	2,907	559	386	16·4	836	8
27.	3	18	67·0	13·4	27·4	531·4	392	1,276	23·2	2,662	586	418	14·8	699	10
28.	8	44	58·4	16·6	28·7	432·3	433	1,102	20·8	2,237	664	356	12·8	575	12
29.	4	26	61·2	9·5	27·5	500·2	331	1,129	21·4	2,514	680	374	13·5	645	13
30.	4	19	90·3	23·5	48·9	626·1	530	1,584	28·2	3,328	611	530	21·6	980	12
31.	4	16	92·9	19·3	64·9	625·8	511	1,540	28·9	3,483	642	535	21·1	933	12
32.	1	4	106·3	24·5	99·2	711·6	829	1,841	33·7	4,191	1,313	588	24·6	1,122	28
33.	32	137	56·6	7·6	19·2	423·6	744	1,498	31·3	2,108	797	451	9·5	306	18
34.	11	45	64·1	9·7	25·6	439·4	784	1,514	34·2	2,258	948	424	11·1	384	26
35.	1	50	93·7	7·0	49·0	644·6	1,079	1,703	50·2	3,403	3,341	451	18·2	873	85
36.	1	23	60·2	17·6	30·3	383·8	955	1,281	37·1	2,056	2,878	369	10·9	402	47
37.	1	13	57·6	12·3	29·0	388·5	884	1,165	36·3	2,052	3,497	367	10·6	437	69

APPENDIX—(*Contd.*)

HYDERABAD

Survey No.	No. of families or units	No. of persons	Total Protein g.	Per cent of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
38.	1	36	62·8	3·5	19·5	461·3	626	1,426	34·7	2,284	1,363	404	9·5	311	21
39.	1	40	60·0	6·3	18·2	471·4	265	1,098	23·7	2,303	725	285	11·0	529	15
40.	1	45	58·6	21·7	27·3	376·3	710	1,236	31·6	1,994	1,962	375	11·7	450	35
41.	1	4	66·4	21·1	41·7	500·5	716	1,426	36·1	2,612	2,243	297	11·5	639	54
42.	1	28	46·5	8·6	22·0	304·6	338	904	18·6	1,613	278	255	7·6	278	1
43.	1	32	58·4	0·9	24·6	490·9	748	1,655	31·8	2,433	973	548	9·4	279	18
44.	1	40	81·6	...	26·2	586·2	1,110	1,918	48·9	2,921	2,719	654	13·0	407	56
45.	1	7	71·2	...	27·6	495·5	995	1,663	43·2	2,525	2,507	574	11·2	336	54
46.	1	234	73·2	20·1	29·3	493·3	627	1,383	29·4	2,549	646	414	16·0	680	15
47.	12	65	12·0	...	2·8	97·0	213	396	8·3	463	157	111	1·7	31	4
48.	24	130	65·0	4·0	23·2	511·3	1,246	2,131	43·9	2,532	951	576	8·6	173	22
49.	25	170	98·1	12·8	62·9	708·9	2,040	2,958	58·2	3,813	1,831	717	13·7	377	43
50.	5	43	91·9	6·1	49·3	689·0	1,582	2,556	45·8	3,577	1,925	641	13·7	490	58
51.	2	12	89·3	21·1	88·3	702·2	1,485	2,293	32·8	3,469	671	548	15·2	613	12
52.	7	35	82·2	...	29·5	542·8	995	1,825	49·1	2,772	2,607	531	11·5	372	55
53.	1	28	79·2	...	29·6	550·7	1,194	2,188	52·0	2,792	2,618	669	9·9	203	58
54.	33	198	72·8	3·8	18·2	625·0	534	1,580	30·3	2,981	520	468	14·5	659	11
55.	23	106	76·2	...	14·3	699·5	356	1,518	27·3	3.261	605	490	15·6	774	10
56.	5	22	89·6	5·5	35·5	742·6	760	1,705	39·2	3,679	1,244	425	18·4	913	41
57.	1	2	98·5	2·6	90·0	757·5	1,083	2,014	53·2	4,260	1,499	406	16·9	761	62
58.	1	91	51·5	15·5	20·6	425·3	457	988	25·5	2,106	696	226	10·2	437	16
59.	1	39	86·6	19·6	51·0	525·5	1,590	1,963	54·0	2,905	3,541	490	14·9	555	79
60.	1	26	85·5	17·8	56·7	567·9	1,171	1,766	47·7	3,125	2,870	503	16·3	643	67
61.	50	301	58·8	3·7	16·6	436·9	866	1,670	34·2	2,145	801	531	8·6	179	10
62.	84	422	74·2	2·2	21·9	556·1	1,059	2,046	43·2	2,735	1,144	653	10·9	250	15
63.	20	101	94·1	11·8	45·5	632·2	1,581	2,483	48·4	3,334	1,294	705	13·7	332	19
64.	18	65	83·7	18·5	53·2	542·4	1,212	1,948	37·6	3,001	1,055	474	13·6	473	21
65.	22	124	59·7	3·0	15·1	498·5	898	1,836	36·4	2,387	844	565	9·1	231	9
66.	30	150	74·7	2·9	26·8	604·2	647	1,585	32·3	2,979	722	467	13·8	596	18
67.	16	85	74·4	1·5	21·9	617·8	593	1,602	32·3	2,891	574	473	13·9	608	14
68.	10	54	93·1	15·9	90·2	651·4	1,300	1,973	38·9	3,806	1,743	443	15·5	656	49
69.	22	146	73·4	5·0	29·4	565·6	1,361	2,327	52·0	2,836	1,929	704	10·7	225	35
70.	21	112	73·1	4·4	32·5	569·0	1,372	2,330	51·3	2,876	1,918	713	10·4	193	29
71.	5	32	71·7	4·9	37·0	546·7	1,233	2,277	46·4	2,822	1,121	630	9·1	162	20
72.	2	31	67·9	10·6	65·4	414·3	977	1,802	37·4	2,522	11,22	327	6·2	130	25
73.	1	242	75·5	...	22·0	538·2	1,448	2,170	56·9	2,664	3,491	740	12·4	175	61
74.	1	68	57·2	...	18·3	379·8	1,142	1,541	44·8	1,918	3,293	548	7·9	134	60

APPENDIX—(*Contd.*)

HYDERABAD

Survey No.	No. of families or units	No. of persons	Total Protein g.	% of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
75.	1	18	66·6	15·9	25·7	402·0	1,251	1,710	46·4	2,111	3,259	594	11·6	298	60
76.	15	73	30·0	...	5·8	261·8	439	950	18·3	1,227	292	286	4·5	115	4
77.	12	69	51·6	2·1	10·8	436·9	815	1,645	32·8	2,065	732	496	7·7	187	10
78.	13	71	57·9	1·4	17·9	496·4	803	1,689	33·3	2,393	794	507	9·2	288	13
							KASHMIR								
1.	23	*	78·8	4·4	37·3	643·2	599	2,401	39·1	3,158	3,622	781	29·8	957	68
2.	23	*	78·8	4·4	37·3	643·2	599	2,401	39·1	3,158	3,622	781	29·8	957	68
							MYSORE								
1.	27	203	72·2	2·6	18·1	638·5	2,712	2,327	50·9	2,991	2,553	1,072	10·1	71	45
2.	32	232	63·5	1·6	18·5	594·0	2,474	2,141	44·3	2,786	1,383	1,074	10·1	97	20
							UTTAR PRADESH								
1.	20	*	55·0	1·8	13·0	504·8	306	1,901	27·1	2,318	979	532	19·0	577	25
2.	20	*	98·8	7·1	38·2	563·3	781	2,544	50·5	2,977	1,451	318	9·9	298	28
							TRAVANCORE								
1.	4	23	24·4	12·3	20·7	209·5	180	570	12·3	1,121	1,369	244	9·5	413	55
2.	8	36	40·2	12·1	26·3	352·7	260	990	16·7	1,814	2,070	456	20·3	804	68
3.	10	64	57·0	17·5	45·1	425·1	440	1,550	22·2	2,407	1,884	534	21·2	869	46
4.	7	62	57·5	19·2	42·7	403·5	450	1,620	21·1	2,232	2,649	500	20·7	875	49
5.	6	52	68·9	24·3	73·9	476·6	730	1,760	23·4	2,888	6,150	608	23·6	1,142	109
6.			25·2	10·0	26·6	239·3	160	850	10·9	1,226	492	249	9·7	357	35
7.			40·0	9·8	32·8	363·4	270	1,130	16·2	1,925	1,028	439	17·4	658	44
8.	114	773	66·4	13·4	53·4	475·7	470	2,010	25·1	2,636	1,655	597	23·0	903	48
9.			61·5	22·0	59·5	460·8	530	1,580	21·7	2,593	3,019	527	22·3	1,036	42
10.			70·6	19·4	84·9	517·1	800	2,240	27·8	3,104	3,003	619	23·5	1,139	75

*Information not available.

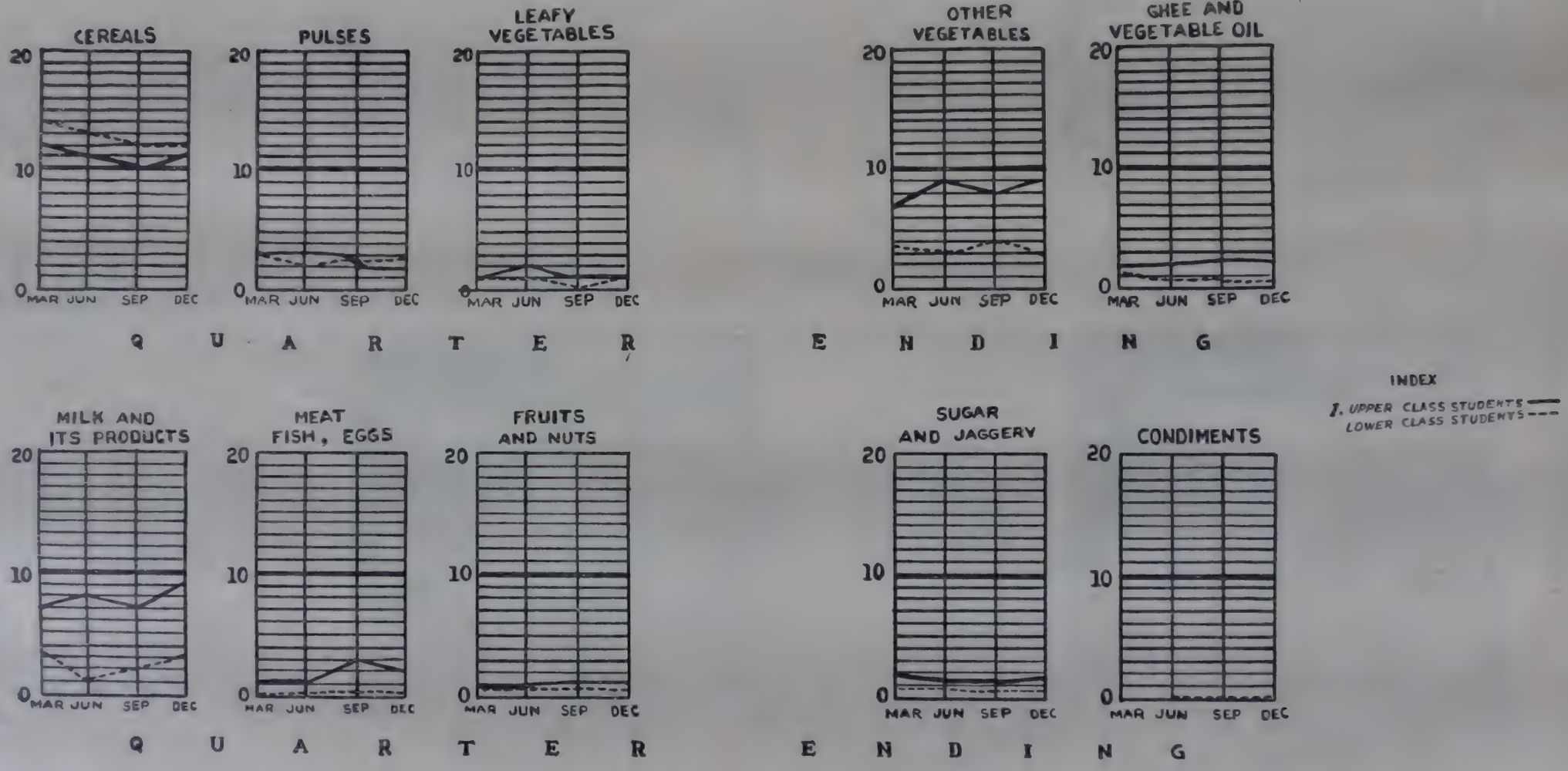
APPENDIX—(*Contd.*)

TRAVANCORE

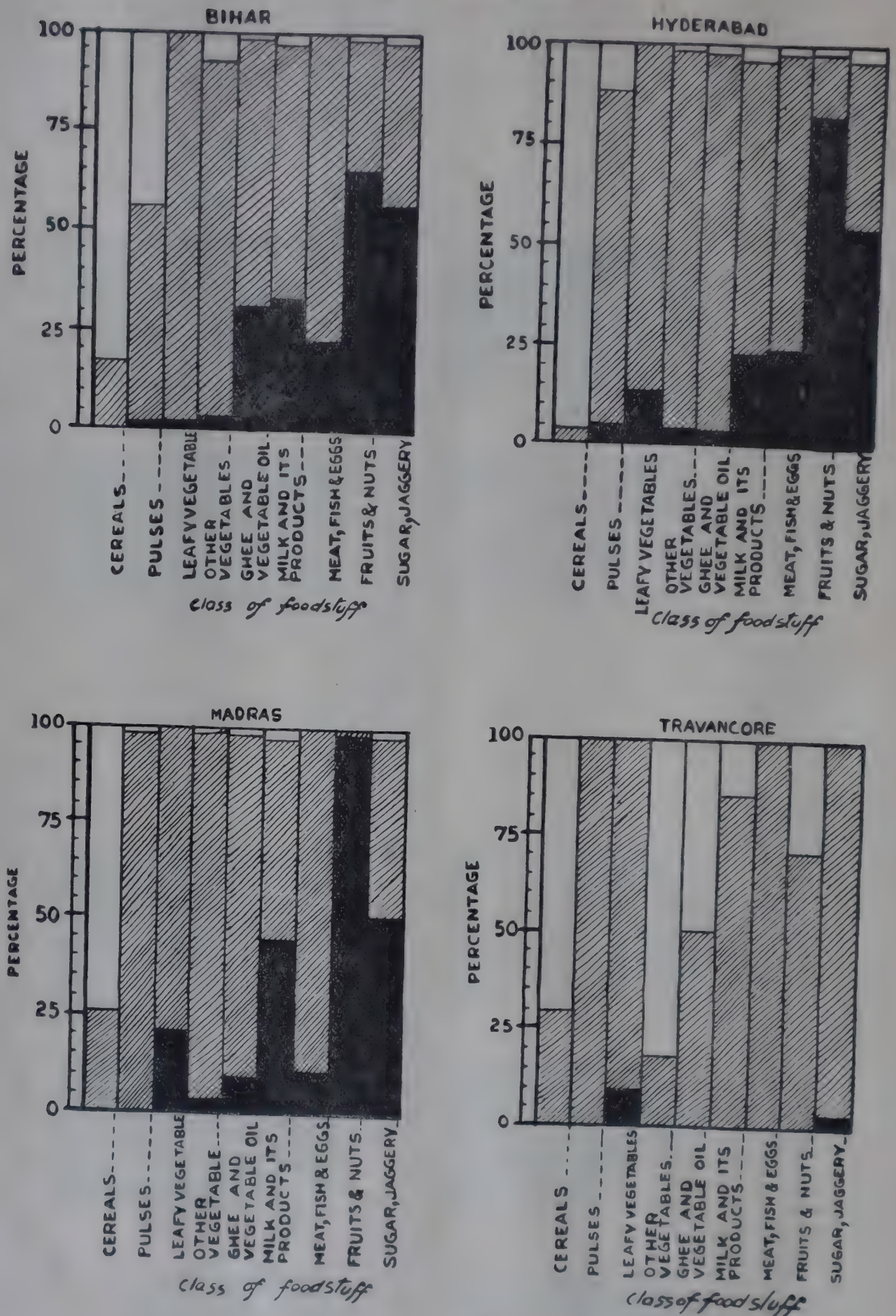
Survey No.	No. of families or units	No. of persons	Total Protein g.	% of Animal Protein	Fat g.	Carbo-hydrate g.	Calcium (Ca) mg.	Phos-phorus (P) mg.	Iron (Fe) mg.	Calori-fic Value	Vitamin A (I.U.)	Thia-mine (I.U.)	Nicoti-nic Acid mg.	Ribo-flavin μg.	Vitamin C mg.
11.	10	46	37·3	20·7	22·4	340·1	250	900	16·6	1,714	1,827	388	15·6	639	89
12.	9	57	38·0	18·2	25·3	359·6	270	910	17·5	1,821	1,823	493	19·7	777	91
13.	16	121	64·3	24·4	42·5	452·4	380	1,610	23·7	2,452	2,780	581	24·0	953	86
14.	8	94	62·3	22·6	43·5	458·5	430	1,570	23·4	2,473	2,945	580	24·0	973	72
15.	2	8	78·0	26·8	72·4	511·4	810	2,040	30·8	3,017	5,614	669	24·1	1,190	113
16.			34·6	29·9	19·4	366·9	300	880	13·5	1,778	1,042	368	14·8	590	85
17.			47·2	21·4	27·9	467·4	340	1,170	17·9	2,314	1,450	509	20·6	787	82
18.	125	843	65·1	25·0	43·0	499·9	420	1,670	21·6	2,627	2,139	598	24·6	940	75
19.			59·3	25·3	49·8	471·2	440	1,460	20·9	2,584	2,367	576	23·5	941	54
20.			92·8	26·1	94·9	570·0	880	2,280	29·7	3,504	4,621	755	27·8	1,296	89
21.			28·7	17·2	20·0	273·4	250	760	12·5	1,385	685	330	8·3	338	67
22.			43·4	16·6	23·3	375·5	350	1,090	18·6	1,889	734	495	11·6	445	79
23.	27	193	54·6	24·2	39·1	394·2	380	1,310	19·4	2,154	1,244	555	17·5	667	49
24.			61·7	21·5	47·5	488·7	460	1,640	22·5	2,633	1,674	662	19·5	775	78
25.			67·0	23·2	49·7	452·5	500	1,710	22·5	2,528	2,149	639	20·6	836	42
26.	6	36	27·5	20·2	16·6	359·4	360	720	13·6	1,696	1,678	327	11·1	594	152
27.	6	47	39·6	19·2	24·1	312·3	300	880	17·7	1,630	1,846	388	15·9	661	108
28.	5	35	69·7	20·9	49·1	527·4	480	1,730	25·8	2,832	2,959	669	27·0	1,116	101
29.	3	37	81·1	25·0	56·9	603·2	640	2,120	30·8	3,295	3,296	761	29·4	276	117
30.	81	330	46·9	21·4	34·1	377·0	400	1,120	26·0	2,006	2,408	387	16·4	619	60
31.	82	408	57·9	22·3	40·5	457·0	510	1,310	26·0	2,396	2,821	473	20·1	770	62
32.	72	435	65·3	30·0	55·0	470·0	700	1,480	28·5	2,627	4,585	502	21·6	905	84
33.	44	314	74·2	30·2	66·8	524·0	770	1,640	29·3	2,995	5,456	558	23·9	1,100	88
34.	9	47	47·3	22·4	42·5	487·7	527	1,274	18·1	2,458	3,171	410	16·4	1,056	27

Mean intake of food (in ozs.) by the students of the Bombay State in four quarters of the year ending with the months of March, June, September and December

Ref. TABLE IV

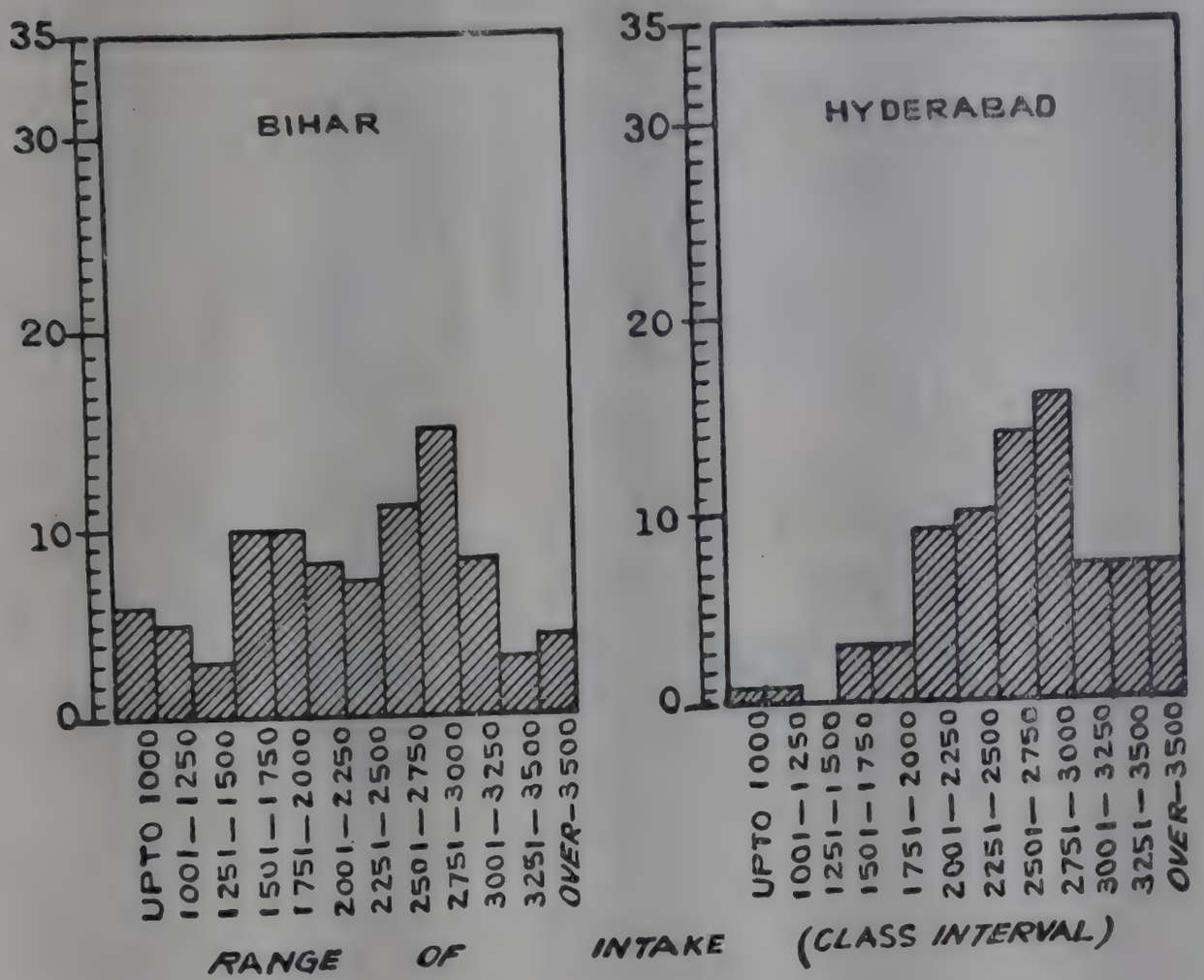


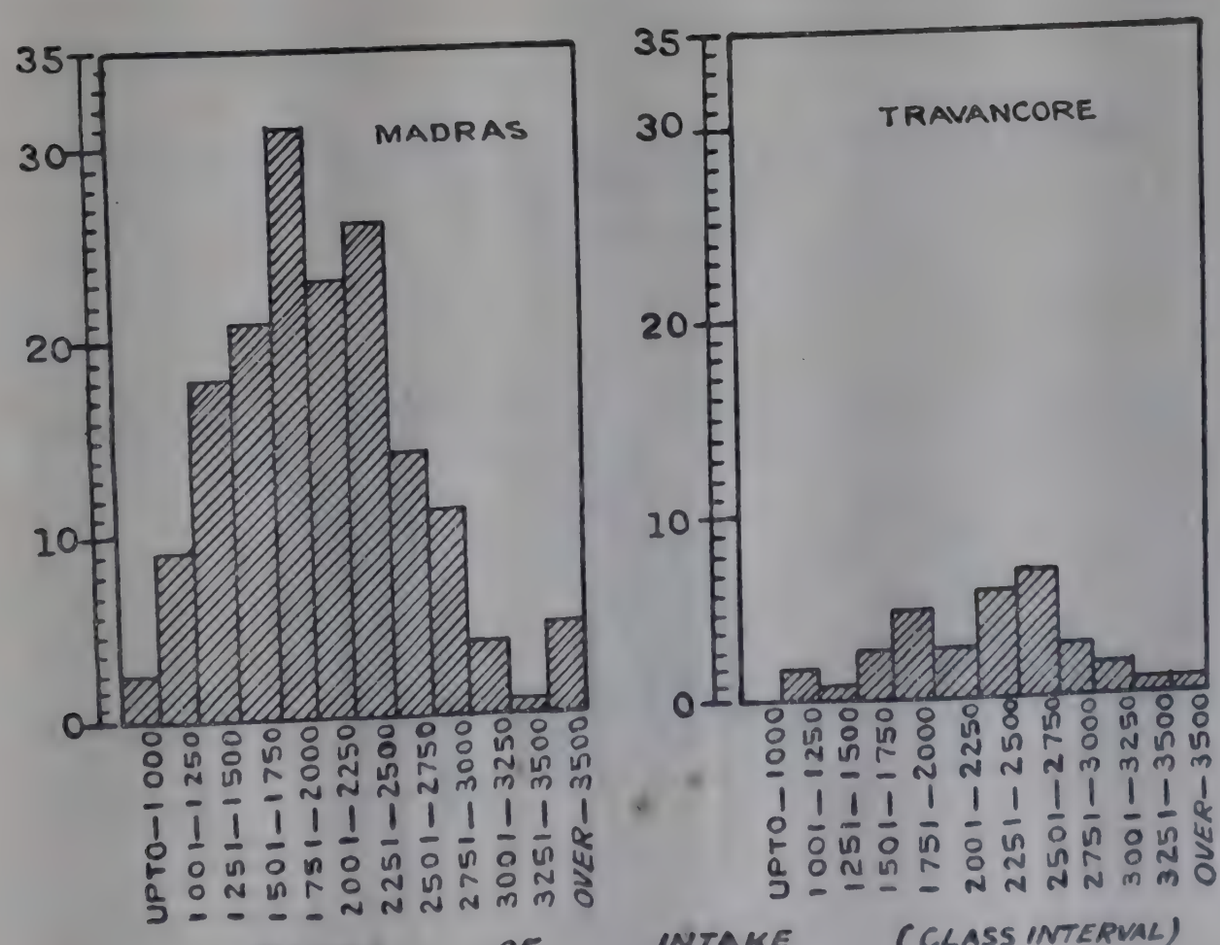
Adequacy of consumption of different foodstuffs.
Ref. TABLE VIII



Frequency distribution of families surveyed in the different States on the basis of estimated figures of average intake of calories per C.U.

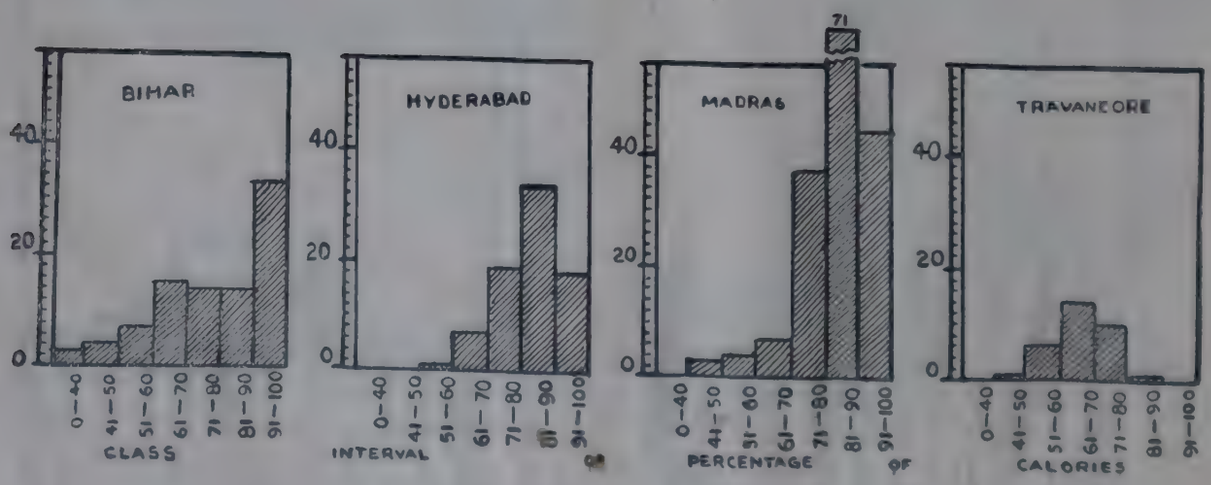
Ref. TABLE XII



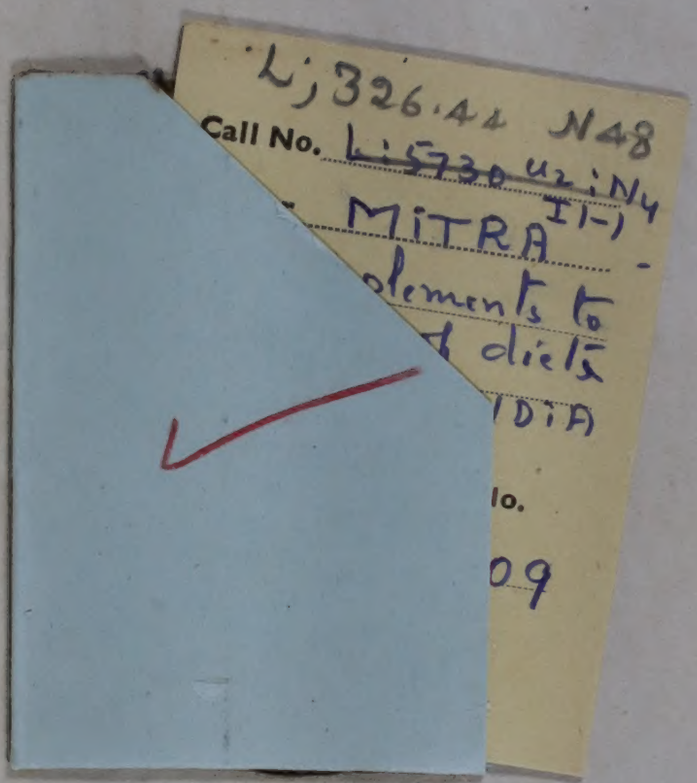


Percentage distribution of calories from cereals and non-cereals
Ref. TABLE XIII

Frequency distribution of percentage incidence of calories from cereals in the different States of India
Ref. TABLE XIV



P. No.	Due date	Return date
308.	4/7	14/6/62
122	30/1/63.	31/12/62
412	23/5/63	2/5/63
337	22/8/63	19/8/63
64.	14/9	18/9
———	4-8-65	23-7-65
	30/3	16/3
——	16.1.70	2-1-70


Li 326.44 N48
Call No. Li 530 U2 : N4
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